

NO INHIBITIONS

HE & E

Vol. 98 NO. 7 July 1997 U.K. £2.25 CAN \$6.50

Are you
allergic
to your
lunch?

**Naked, wild
Spain!
Off the beaten
track... and
back again**

**Body art and
fetish fans
- the expo for the
exposed**

City strippers


- chilling out in London





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You'd rather be abroad?

Summer in Britain - a contradiction in terms? It is for many of us who'd rather jet off to the Med than than be seen dead without our clothes on British beaches. Is this letting the side down? Can we expect decent naturist venues in Britain if we don't support the ones we already have?

The truth is, many people enjoy stripping off for a few hours as simply one of several leisure activities. For these people it's not a political movement, they just want to relax and maybe get an all-over tan while they're at it - and who can blame them?

If only the leisure industry would catch on to the potential of the money that could be made from naked living in Britain. Better this than pouring all our hard-earned dosh into facilities abroad.

In this issue we take a look at one of Britain's most long-standing naturist sites; Brighton beach. Is the most being made of such an ideal site with all the wonderful nearby facilities? For those of you who have booked abroad this year we have some great ideas for a very different naked holiday in Spain, and we ask if South Africa's new liberalism extends to naturism.

We have all the usual stuff on readers' experiences, pictures, piercings and health - so strip off, stretch out, and read on...



HELEN
LUDBROOK



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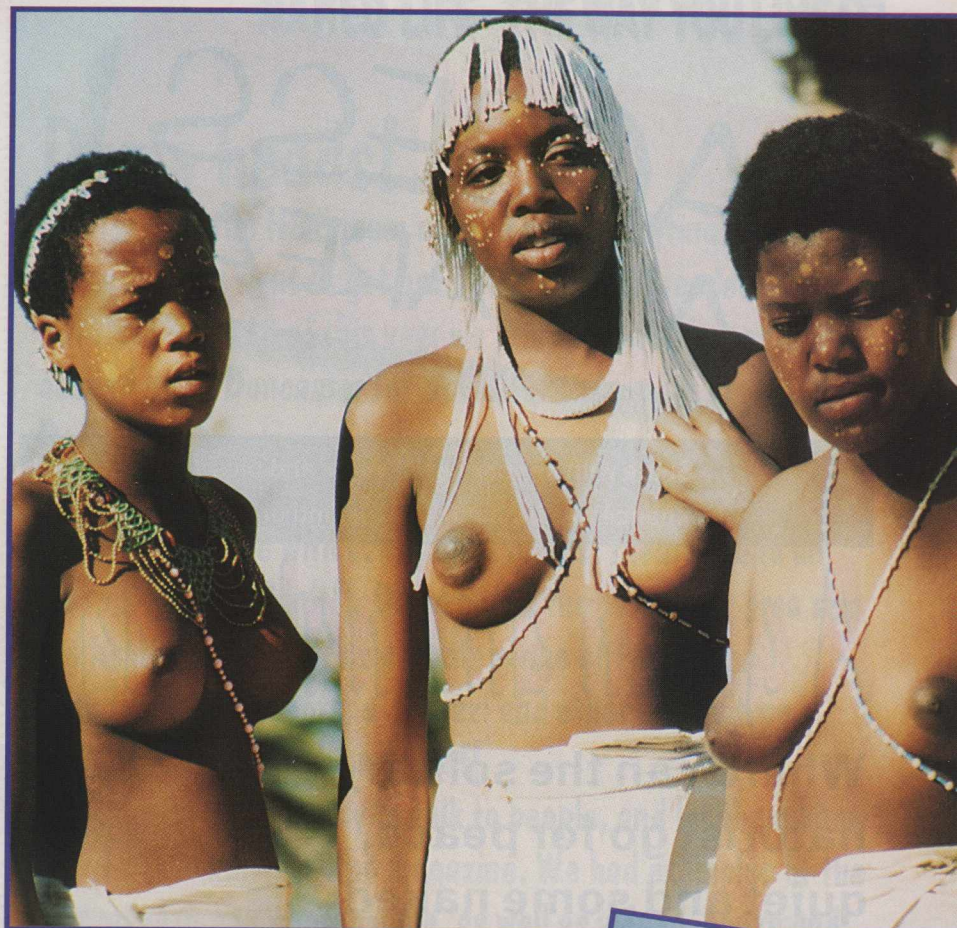
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EDITORIAL DIRECTOR Helen Ludbrook

PROJECTS DIRECTOR Jane Hendy - Smith

ART EDITOR John Clement



THE 98th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are fab! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them. From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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ACCESS
ALL AREAS

Share with us *your* news, views and pics -
the chance to connect with your kind of people!

A green and naked land

Where can the solitary naturist go for peace, quiet and some naked companionship? John Heath investigates

I've always been a naturist and, living on my own, I have got into the routine of living nude at home and visiting the local naturist beach in good weather. While this is good fun, I thought it was about time to broaden my horizons and find out what other naturists are up to. And that is how I found myself passing a sign saying "beware of the naturist".

The advert in H&E said; "B&B in country farmhouse, 18 acres of naturist paradise in West Wales". That sounded just right for a short break so, after 20 miles of roadworks and a few more hundred miles of countryside, I arrived at a whitewashed farm house.

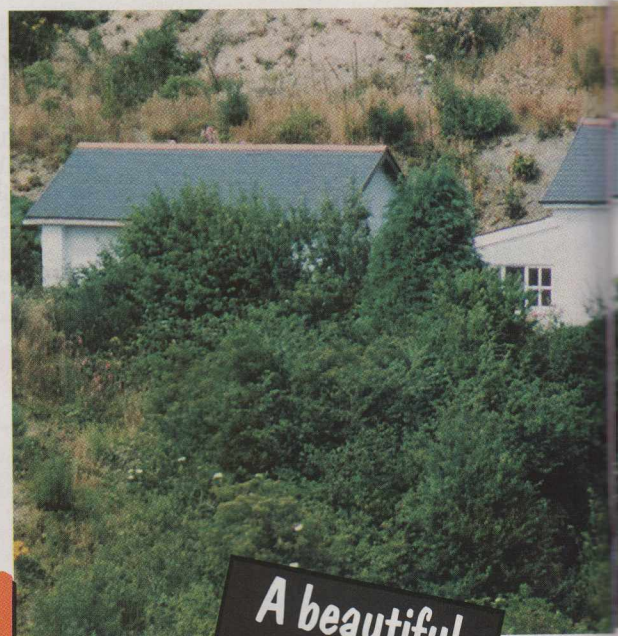
It wasn't long before I was sitting in the large kitchen with a welcome mug of tea in my hand and the tension of the long drive beginning to drain away. The house is fully modernised with all home comforts. The view from my bedroom across the valley was wonderful. With the sun shining, this was my cue to strip off and get out there.

After a few hours of sunbathing I was off to explore the grounds. My wandering brought me to the trout stream and I thought I'd be brave and have a paddle. Boy, was it cold! Then up the grassy slope of the opposite end of the valley. What a view from the top!

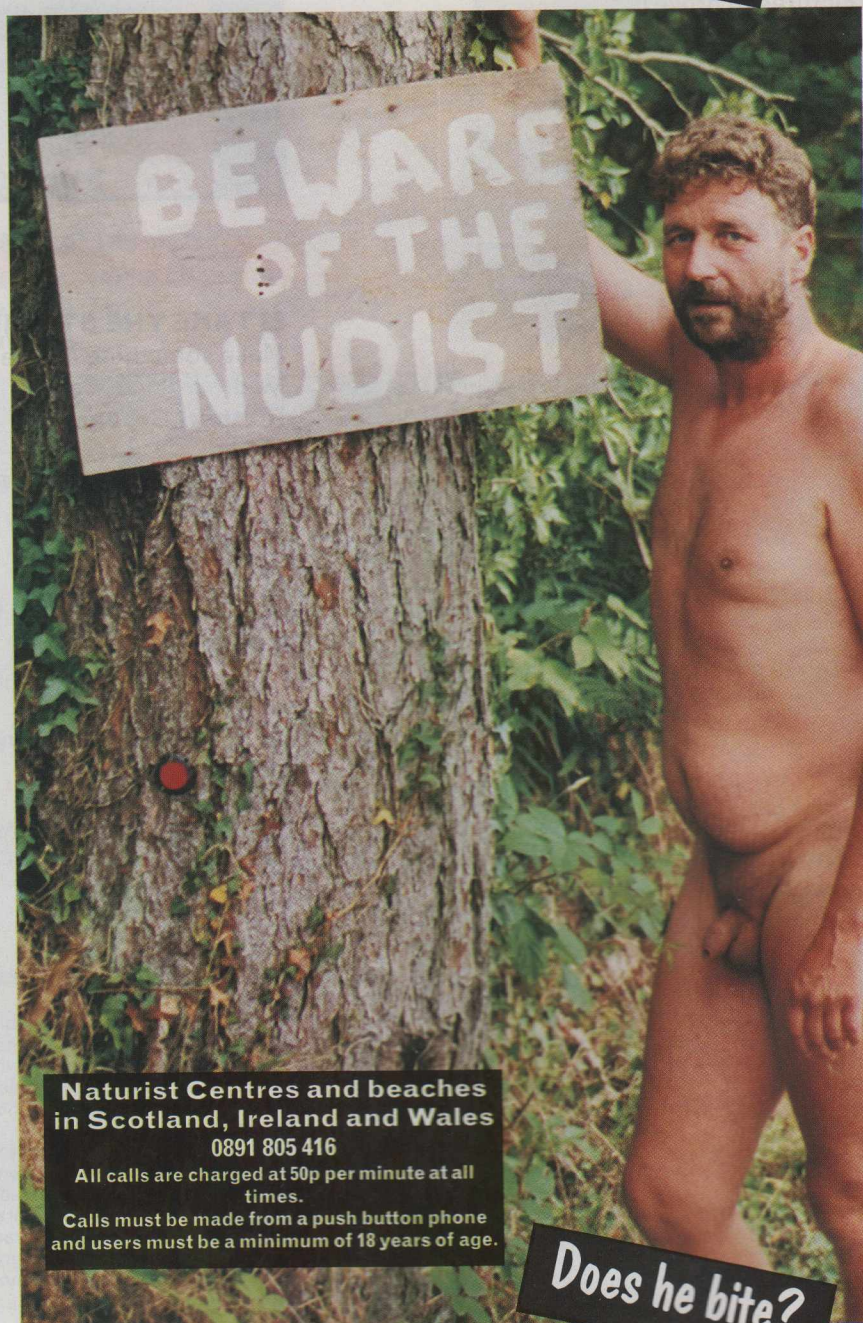
Sun, beautiful countryside and wildlife all around - what more could you need to relax?

Geoff, who runs Llywnteg, aims to keep it a friendly place where guests are treated as personal friends. Llywnteg has only been open for a few months and they have plans for a sauna and a Jacuzzi.

Go as a day visitor or stay couple of nights - I'm sure you'll receive just as warm a welcome as I did.



A beautiful
refuge



**Naturist Centres and beaches
in Scotland, Ireland and Wales**

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All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.

Does he bite?

Dome heads!

Members of the H&E team are fed up with sitting in their offices - they want to get out and meet their readers! So on Saturday April 12 of this year we jumped in the car and dashed up to Doncaster for David Martin's swim at the Dome.

The Doncaster Dome is an amazing venue - a state of the art leisure centre with conference rooms, theatres and an ice rink (no, we didn't!). David books the swimming area and the health suite. There's a whole range of fun things including water shoots, a Jacuzzi and other watery type things I don't know the name of!

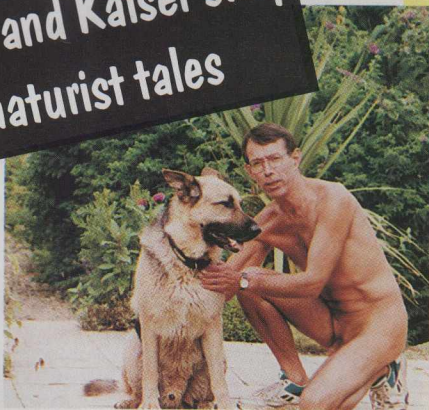
We were there primarily to talk to people, and let them know about the changes at the magazine. We had examples of the new magazine to show people, as well as videos, books and old back issues of H&E.

It was wonderful to meet so many of you and we look forward to keeping it up over the rest of the summer.

Ring David Martin on 01723 503456 for details of the next event at the Dome (scheduled for August 9).



**Geoff and Kaiser swap
naturist tales**



**Anyone wishing to
visit Llwynteg can
contact Geoff on
01239 851637**



**Meet Diana and
George in
the flesh!**

Unspoiled, unhurried, unclothed and unforgettable!



This is what the back of my new T-shirt from the Soboron Beach Resort, Bonaire says - and how proud I am to wear it.

If these words made you go tingly inside then you must go and see it yourself. Here is a piece of heaven dropped from sky in the middle of the Caribbean.

I've been a naturist for as long as I can remember, I used to wait until my mother left the house so that I could take my clothes off and spend the rest of my day in the nude. As a South American Roman Catholic, to be a naturist was unheard of.

However, with time you discover you have the choice to live your life as you wish. But do you? In a recent H&E there's an article on body piercing. I must say I don't particularly like body piercing or tattoos for that matter, but what gives one individual the right to discriminate against another human being?

It would be very boring if all of us were the same. What if there was a rule at a naturist club that said anyone with a fat belly, or someone with dyed hair was not to be allowed in. There would be a lot of very angry people.

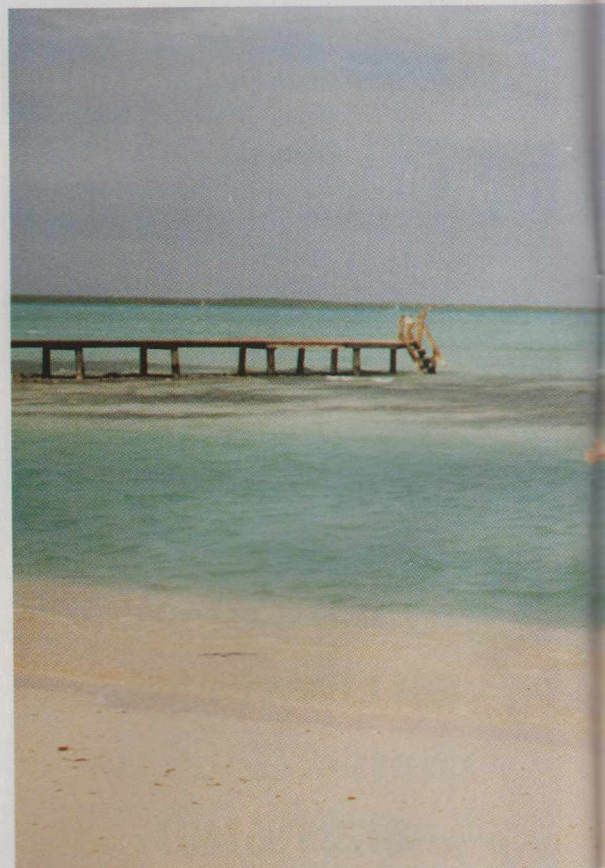
Live and let live - gays, bi-sexuals, couples, singles and ethnic minorities, body piercing or whatever else. We all love being nude - we all have that in common.

Having been to an international naturist resort on holiday for the third time now, I must say how warm, friendly and relaxed and I have found everyone to be - Americans, Dutch, Germans, French and English all try to

communicate with each other despite the language and cultural differences. Why, I wonder, do the attitudes seem to change when you're at your local club back home?

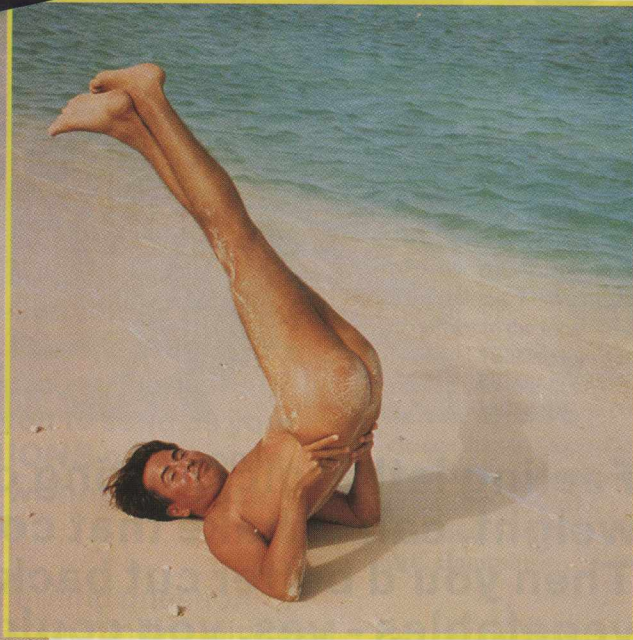
How I still wish I was in that little piece of heaven at the Soboron Beach Resort in Bonaire where life is altogether bliss. Let's all be happy together in the nude!

José Ibarra

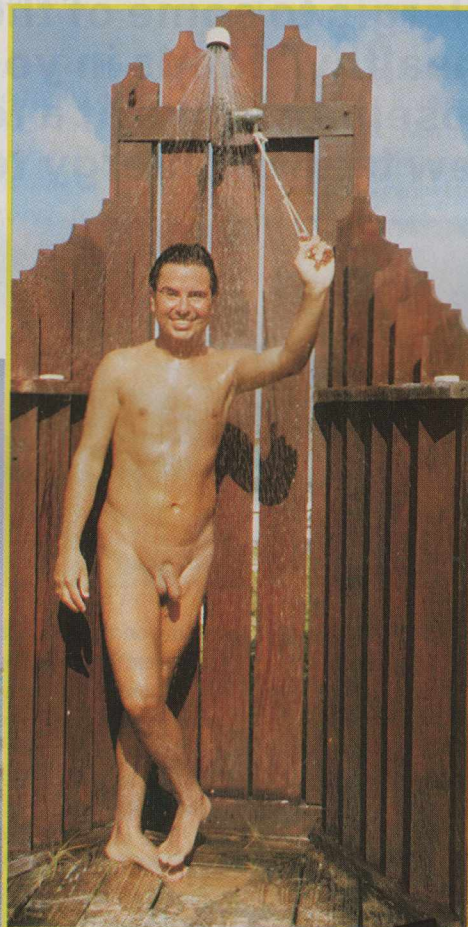


NAKED LIFE - THE WAY YOU LIVE IT!

Happy hi-jinks



Peng Travel run holidays to the Soboron Beach Resort. Ring 01708 471832 for details.



A beach to yourself

Soleil survives - and flourishes!

Regular readers of H&E will know that the Soleil Naturist Group began last year with swim and sauna sessions at the Jack Hunt pool, Peterborough.

Attendance at first was quite good, but over the next few months it began falling off and we suffered a number of losses on operating costs. This was mainly due to the inadequacies of the pool and the small sauna which led to a number of complaints.

Early in 1997 the pool dropped a bombshell by advising us that the city's regional pool was closing down for six months and all their regular bookings would be transferred to the Jack Hunt pool. They totally over-rode all the bookings we'd made for the whole year.

We were literally forced into finding an alternative venue and after scouring the area for a suitable pool we found the Manor Leisure Centre at Whittlesey were prepared to accept us. Their facilities were actually far better than those at the previous pool and since February we've been having a regular swim, sauna and spa with them.

We ran an open day on February 22 - "cossies optional" - which attracted a lot of local media attention. Since then we've had a complete turn around from what was a new group in difficulties to a thriving group with a growing membership.

Lastly, it was decided at the most recent BN Eastern Region meeting that the regional badminton and swimming competitions on October 11, 1997, normally held at Thetford would be hosted by the Soleil Naturist Centre at Whittlesey instead.

We've arranged for exclusive use of the whole centre and swimming pool for the duration of the gala. We'll be providing food, a licensed bar and entertainment for the kids. We think it will be a really great day out. (H&E will be there also!)

For enquiries about the group please contact June or Norman on 01733 62294

ARE YOU ALLERGIC TO YOUR LUNCH?

If I were to tell you that I had egg, mushrooms and tomatoes on toast for breakfast, you may feel I was rather greedy, but you would count me as sane. Now, if I were to tell you that I had just eaten a plate of magic mushrooms for breakfast, you would be quite justified in calling me mad - and I probably would be with all that hallucinogenic fungus in my system.

Well, maybe there isn't quite such a difference between the two as you might think. It's all a question of degree, that is if you subscribe to the opinions of Gerard Kielty at Health Scan

All food can act as a poison to your body. We all accept this when someone announces that they can't drink coffee because it gives them headaches, or when we are suffering from a hangover. Why then, do many of us dismiss the idea that any food can be detrimental to our system from time to time?

We sent George along for an allergy test - although I'd be more inclined to call it an intolerance test. Poor old George has been suffering from night sweats, a rubbish circulation and occasional bouts of severe lethargy. Could food be the culprit?

Forget all those blood test, scratch tests, weeks of waiting for results and prolonged diary keeping sessions to find out what food adversely affects you. This is all high-tech computer stuff, based on the electrical stimulus produced by each substance.

Just as each food has a unique taste, it also causes a unique stimulus. This means that your brain (which runs off electricity and uses electricity to send impulses around your body) reacts differently to each and every one.

Some substances will fall within a range that it can accept and others will not. So, just like that fact that your car will run for a while on the wrong type of oil or the wrong grade of petrol, it will cope after a fashion, but protest more and more loudly. This protest takes the form of your health taking a turn for the worse in some way.

Health Scan took about an hour, after a preliminary chat and explanation, to provide George with a print-out of items that were acceptable to him and those that he should avoid. Gerard added a few extra recommendations based on his experience as well.

George was linked up to a computer (all quite pain free) and was immediately reassured that all his vitamin and mineral levels were fine (yes, it checks those too). However, he was in for a shock as the test progressed. Most people can expect to reject between 25 and 30 items - George clocked up 43! The combination of items can be totally different from individual to individual - though some items do come up time and time again.

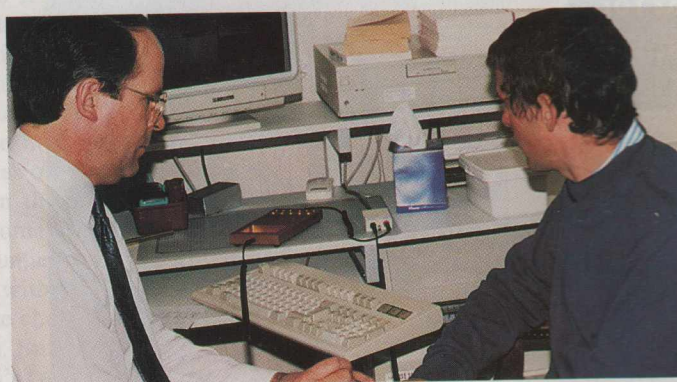
A few held no surprise; beer, chocolate and coffee. But as a vegetarian, it was alarming to see the amount of vegetables high on his hit list. And garlic... and carrots... and potatoes... and bread... and tomatoes, peppers, green beans and peas.

Main meal catering has taken a strange new turn now. Forget the recipe books. It's a question of assembling some

George weighs up his new diet



Feeling lethargic, putting on weight, can't shake that cold? Then you'd better cut back on your vegetables - yes, you could be allergic to some of the most "healthy" foods in your diet. Diana Roseman looks at a revolutionary new take on allergy testing



Health Scan is at 28 Claremont Road, Surbiton, Surrey KT6 4RF (Tel: 0181 399 2644) At the time of writing, a full scan of 108 food items, vitamin/mineral levels and certain other key items costs £67 plus VAT.

items on the "acceptable" list and working out how to combine them into something resembling an decent meal!

There have been a few successes (black bean and mushroom casserole with cheese dumplings) and a few disasters (risotto rice with pears and a soya milk sauce - it looked and tasted like something you would use to stick wallpaper up with). Even the chickens wouldn't touch it.

The reception desks at Health Scan are littered with glowing testimonials from people who have had their lives turned around through modification of their diet. It seems food intolerance can be responsible for anything from occasional sniffles to arthritis.

It's too early yet to tell you whether George will writing them a thank-you letter. Results should begin to be evident about six weeks after changing your diet. After six months you are recommended to go back to Health Scan. By that time, your body will probably have become more tolerant to the items you have axed (and conversely will have probably picked a few new nasties along the way).

We'll let you know...

BURNING ISSUES

Just listen out at the club or the beach and hear the excitingly diverse opinions on naked living. At H&E we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!

This month's burning question... Is the naturist community prejudiced against gay men and women?

Outlawed?

Please could you tell me what the rights gays have in the naturist world? Are gays outlawed in naturist communities? Do naturists have the homophobic tendencies of the clothed world? As you've probably guessed I'm a gay naturist. I usually find myself a quiet place in the middle of nowhere to get skyclad because I'm wary of offending people by going to a designated naturist area.

Anon.

Gays have exactly the same rights as heterosexual naturists. If your behaviour is appropriate you should have no problem on the beaches or at the clubs. However being a single guy or wanting to join a club with a male partner might provoke prejudice. Clubs have the right to bar whoever they want - even if it means they're being bigoted. - Ed

Pierced to see you

Regarding the wearing of body piercing jewellery and other forms of body decoration; I say if you like it, wear it - just don't try to make me wear it, or otherwise impose your personal tastes.

Intolerance of others who are different is what brought Hitler to power.

If someone's behaviour endangers others, then curtailment is justified. Just how does the wearing

of body piercing jewellery and other forms of body decoration endanger another person?

Naturist clubs should not have a say in how members chose to decorate their bodies!

RL Canada

Studland to be stunted?

In the H&E Winter Quarterly you describe Studland beach as "arguably the best - use it before restrictions are

imposed". This is my local beach and last year I noticed that the warning signs had been moved, reducing the area by about a third of its depth. I have also heard stories of police patrols and name taking. I have made enquiries to the local National Trust people on site but was told that there are no plans to change the status quo. Do you know if we are going to have this wonderful site closed down?

A.G Hampshire

A snip decision

I was surprised to see that many men are traumatised by childhood circumcision. Born in the Forties, I was given the chop along with most of my contemporaries but I must say that, far from feeling despair or outrage, I have over the passing 50 years hardly given it a single thought, let alone wished it back.

As far as I can recall, I've been happy both comfort-wise and sexually, although of course I have no idea if my penis would have been more or less sensitive if I hadn't been "done" in the first place.

Pulling and stretching apart - and I did have a go after reading this article with not very much effect - there doesn't seem to be much hope for those with

their foreskin missing and they will have to learn to make do with what they haven't got.

I suppose the best answer for modern parents is to interfere as little as possible with the minds and bodies of their children, so when they are old enough they can chose for themselves.

MM London

No prizes for large sizes

After reading the letter from G.T.E Sussex ("Made to feel small" 98/2) it reminds me of the time I spent at Cap D'Agde when including myself, I saw several men there with tiny willies.

I wonder if someone could form a group for men with small willies where we wouldn't feel out of place. Could you also include some photos of men with tiny willies in H&E. If you do, I'll send you a picture of myself.

MW Bristol

If anyone's interested in forming such a group please let us know via H&E.

Do your own thing - and let me do mine!

I've been reading H&E for about a year and always enjoyed it, but I'm fed up with the articles on body piercing and shaving. So many of them seem to be from people who don't believe in live and let live.

My girlfriend said we should try shaving off our hair but I found that depilating my genitals but keeping my chest, belly and legs hairy made me look like a fool. It was like my penis and testicles had been stuck on as an afterthought.

So one hour and three razors later I was bald from neck to toe. It felt unnatural and cold, apart from looking like a giant-sized school boy. The itching was unbearable and I was very relieved to get my hair back.

They say don't knock it until you've tried it - I have, and I didn't like it! Even so, I still think it's a case of each to their own, as long as they don't offend others. Go on, do your own thing for whatever reason and good luck.

GR Shropshire

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NAKED LIFE - THE WAY YOU LIVE IT!

Any excuse to strip off!

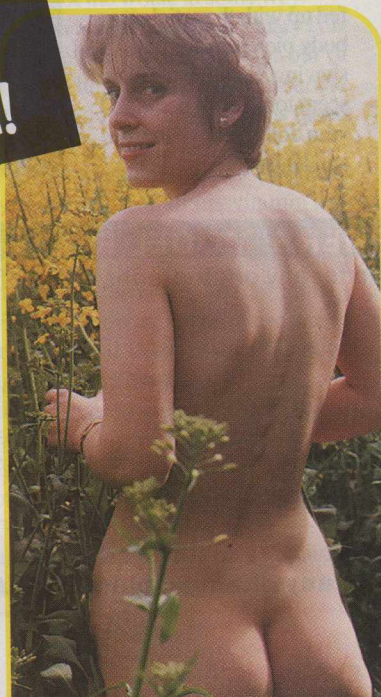
You may recognise me from the photos taken by Charlie Simonds with whom I worked earlier this summer. The photos enclosed were taken by my partner and enabled me to not only become more relaxed in front of the camera, but also gave me a good excuse to enjoy naturism.

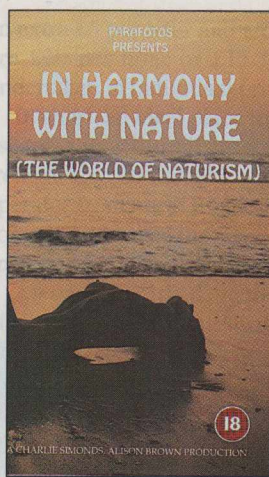
I don't belong to any sun clubs, instead I prefer to find other places where it's possible to take my clothes and enjoy a few hours in the sun.

ME Basingstoke



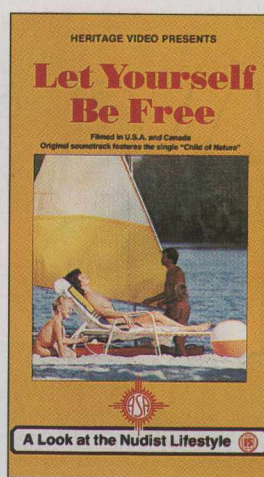
She's a natural!





Charlie Simonds and Alison Brown made over a dozen films about naturism around the world. In this film they present a lively look at naturism and visit naturist resorts in the UK, France, the Caribbean, the Greek Islands, Spain, the Canaries and the Balearics. A good introduction to the fun of naked leisure. (approx 55 mins)

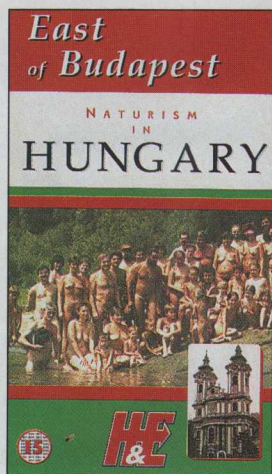
£21.99 inc UK p&p



This video is one of the most extensive productions undertaken by the American Sunbathing Association, exploring in detail the modern world of nudism. Filmed on location in USA and Canada, it offers a magnificent vista of contemporary nudism. Nudists extol the virtues of our lifestyle through a series of candid interviews. (approx 30 mins)

£16.95 inc UK p&p

ORDER YOUR VIDEO CHOICES ON PAGE 59



From the historic splendour of Budapest to the rural charm of the Hortobagy; from mediaeval Muslim Eger to Calvinist Debrecen there are naturist camps of every shape, size and constitution imaginable. Enjoy this series of glimpses into the naked lifestyle of those East of Budapest. (approx 47 minutes)

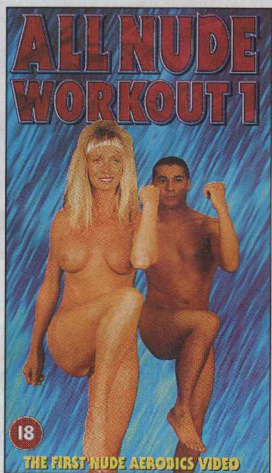
£16.99 inc UK p&p (UK)



Someone once said "Anything you can do with clothes - you can do without." Find out if that's true in the first volume of Naked USA (California), featuring Hawaiian wedding, bareback riding, underwater swimming and Black's Beach. (Vol 2 also available - nude skydiving, Indian rituals, hot springs) both approx 60 minutes

Part 1 or 2 £21.95 inc UK p&p

If you prefer, leave an order on our answerphone 0181 983 9969 (leaving Credit Card details)



Want to get into shape and keep fit nature's way? Then try this, the first of the Nude Work Out series. Not only can you learn to shape and firm your body, you can feel encouraged by the other naturists taking part in the video work out. (Nude Work Out 2 & 3 - sexual fitness also available) (approx 55 mins)

Work Out 1 or 2 - £19.99 inc UK p&p

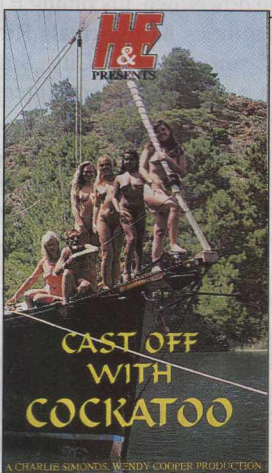
Work Out 3 - £26.99 inc UK p&p



Wendy Cooper and Charlie Simonds provide clear practical guidance on how to start, or improve your video filming technique. This informative and entertaining film is shot in beautiful naturist surroundings. Whatever your level of video expertise, there is something here for you. (approx 55 minutes)

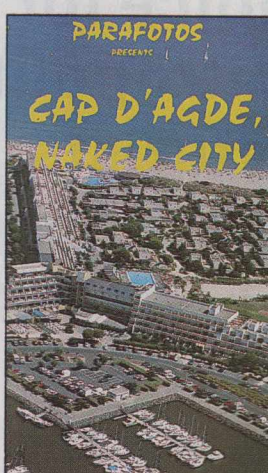
£21.99 inc UK p&p

NEW FREEDOM VIDEO SELECTION - MORE FOR ANYONE WHO LOVES THE NAKED LIFESTYLE



The Turquoise Coast of Turkey is the picturesque setting for a naturist sailing holiday aboard the ship Cockatoo. Discover a beach of tortoises, and hunt for ancient treasure underwater. Turkey is a country with a rich and fascinating culture into which you can dip through this Charlie Simond's video (approx 55 minutes)

£21.99 inc UK p&p



Take a look at the resort of naturist Cap'Agde, which at the height of the holiday season accommodates 40,000 naturists. You can shop, visit the bank, or go to the hairdressers without a stitch on - (as well as relax or swim of course!) Naked Cap d'Agde is a naturist phenomenon unrivalled in the rest of the world. (approx 55 minutes)

£21.99 inc UK p&p

City strippers



A new spa has risen in the east, doubling the choice for metropolitan naturists. Jon Williams investigates

As London basks in the glory of being the current cool capital of Europe and style babes are considered naked without a Union Jack T-shirt, a less fashionable band of people celebrate by discreetly stripping off in Stratford.

The venue is the City Spa Naturist Health Hydro to be precise, in downtown, upcoming E15. While the range of facilities hardly rivals Rio's (there's no pool or sun terrace), City Spa's attractions have been generating steady interest since it opened last October.

It was fairly quiet during my visit on a weekday afternoon in March, but evenings and weekends apparently see a good mix of singles and couples. A recent advert in *Girl About Town* magazine hopes to attract more young women.

No membership is necessary. The entrance fee (couples and single men £15, women £5, which includes a free sunbed session) entitles you to unlimited use of the sauna, steam room, Jacuzzi and TV lounge, snacks, soft drinks and a relaxed and friendly atmosphere. Sunbeds are available for

an extra £5 per hour and aromatherapy massages are £20 per hour or £15 for 30 minutes, both undertaken in individual private rooms.

In short, an ideal place to undress, unwind and escape the cultural carbon monoxide of this frenetic city. Or as David, a 26 year old computer operator from north London, put it: "You can just come in and waste the day." He does so regularly and knows all the girls by name.

Ah yes, the girls. Due to the general aversion of many local authorities towards nude establishments in their boroughs and the relative weakness of the nude pound, owner David has had to hedge his bets and create a swimwear-optional, rather than a dedicated naturist, environment. So the female hostesses wear sarongs or bikini bottoms in the front lounge area - and the clientele adopts towels.

The separate shower, sauna and spa area at the back are, obviously, naturist. Although the sign above the door outside makes no mention of the "N" word the press ads do. Nobody yet, I'm told, has entered and been sufficiently scandalised not to stay.

Indeed, the couple who arrived at reception as I was leaving simply wanted to use the sauna. "You're aware we're naturist here?" asked Anne Marie, who'd covered her breasts en route to reception. They weren't aware, but as they were going to use the sauna naked anyway they weren't concerned.

Covered midriffs may seem somewhat perverse to some naturists, given the setting (myself included) but many people, particularly single women, prefer this on-off approach. Ironically, it's the towels that ensure the survival of indoor naturist venues.

We may be part of the European Union but it'll take a long time before our conservative culture fully embraces (or even stops denouncing) the liberalism much of it enjoys. "I'm sure the bad press (accorded to naturists) puts a lot of people off," said the widely-travelled David, echoing the general sentiment. "I wish there were more places like this in London."

But it's the Spice Girl generation who, happily, are spearheading our lumbering advancement. They're proud of their bodies and not scared to show a bit of flesh. Partying the night away, these girls (and boys) don't know the meaning of inhibition. It's not unusual to see a girl dancing naked in a London club, indeed; one features nude DJs and is even busier because of it.

While a number of newspapers suddenly masked middle aged faces as I took pictures in the main lounge, Chelsea, 21, from nearby Bethnal Green has introduced many of her friends to the place. "I brought my new man down here at the weekend," she said beaming, "He thought it was wicked!"

Chelsea is a fitness instructor who also teaches aerobics and dance, her toned body is always on show. She came to the Spa initially to use the sunbed, quickly became a regular and now works there part-time. "They were all such friendly and easy-going people that I quickly relaxed into it," she tells me.

However, Chelsea's not a girl who would use



Those bubbles refresh the places other Jacuzzis can't reach

the word "naturist" to describe herself, although she tried it while on holiday at Maspalomas in Gran Canaria with her boyfriend. As the famous dunes seemed to consist largely of naked people she simply joined in.

She was also the least inhibited about being photographed, wallowing in the large spa and gracing the sunbed. Sisters Wendy and Anne-Marie were a little more coy. No problem, they're paid to be friendly and helpful rather than pose for pictures - and they were.

City Spa has achieved a lot in a short time and deserves to succeed. It's pitched about right, being low-key enough to avoid the nudge-nudge associations that the continued existence of seedy Soho massage parlours ensure will inevitably prevail.

Their massages, for instance, are conducted by qualified practitioners who remain clothed. Somebody seeking an "extra" here would probably limit themselves to asking the girl whether she did massage nude. It hasn't happened yet and, on the evidence so far seems unlikely.

As with every other naturist venue I've visited, they were rightly keen to point out that there were no "extras" on offer, nor did it suddenly transform into an orgy at a given signal. Tellingly, this information was proffered without any of the paranoia or uptightness of previous assurances. It's simply that it doesn't happen, end of story.

What does happen, as borne out by all the people I spoke to, is that you get the chance to step off the merry-go-round for a while, in the middle of a city spiralling towards a 24-hour culture. It'll never compare with the sensual joys of nakedness amid the elements but it saves the arduous trek to the green belt. Sometimes, after a stressful week in this dirty, gridlocked old town, we just want our relaxation to be a tube ride away. ■■■

**City Spa is at 6 Leytonstone Road,
Stratford, London E15. Tel:0181 225 0505.
Open from 11am-11pm Mon-Fri. Singles
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Stratford (10 minute walk).**



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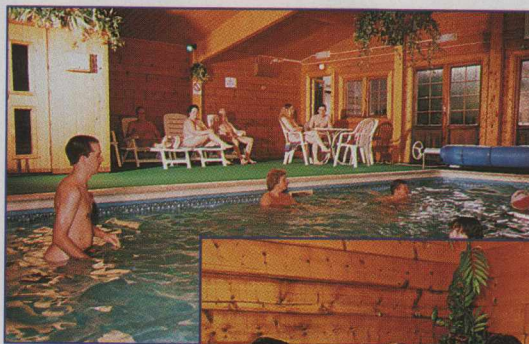
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Kiri

Kiri always goes to naturist beaches when she's abroad but tells us in Britain she keeps her clothes on - shame!



You are now entering

The No clothes Zone



This is where we ask you to leave your **CLOTHES BEHIND** and follow us into the naturist sector.

If you're uptight, narrow-minded or scared of the **HUMAN BODY** we advise you go no further. This sector is for fun-loving naturists only - yes, that means **YOU!**...If you want to join us in the Zone then send us your picture. We pay **YOU** £15 for every **PIC PUBLISHED**. (Now that's what I call an entrance fee!)



Some of us
prefer
to go incognito



Glued to
his seat



No white marks
anywhere

Clothes optional - fun guaranteed!



A hole in one,
two, three. . .



A star in
the making

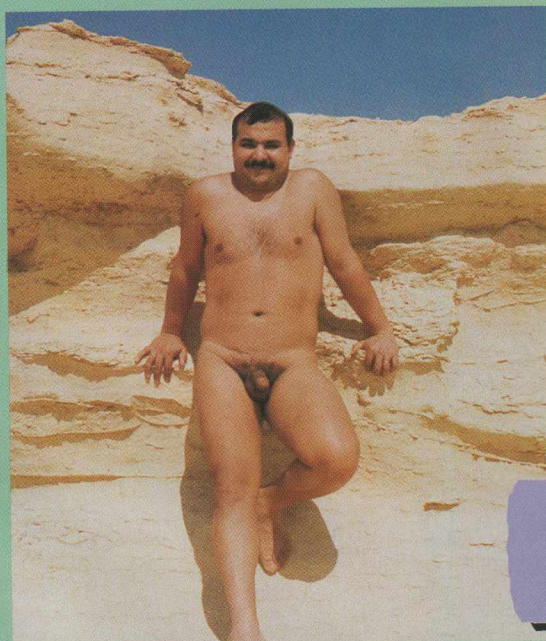
MAN

Don't frighten
the fish

Margaret's on the
look-out



Amr gets hot
on his rock



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OF THE MONTH



If you go down to the woods today you'll be sure of a hunky surprise!



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**The No clothes
Zone**

We pay £15 for every photo printed on these sizzling pages. Send them to The Zone H&E, New Freedom Publications, Bow Business Centre, Bow Road, London E3 2SE

Steve likes to play ruff!

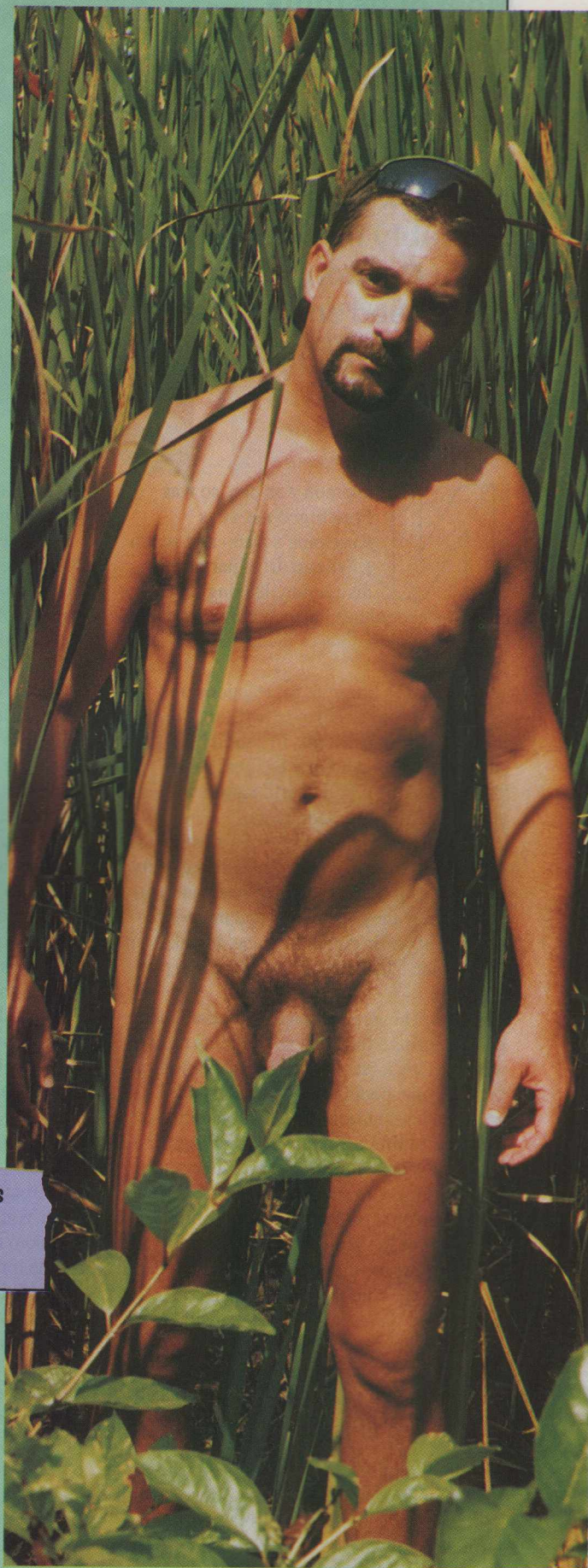


She's got a great set of wheels

Clothes optional - fun guaranteed!



Strut your
stuff



Richard gets
lost in his
back lawn



You are now entering
**The No clothes
Zone**

Most of us think snoring's a joke, but if you're sharing a bed with a partner who makes the earth move - after sex - then you're probably not laughing. Mark Carlton, a self-confessed snozzler asks if clothes-pegs are the only solution

SNORE AND YOU SLEEP ALONE

Napoleon was one, so was Fred Flinstone, so is Roseanne's Dan - and so am I. We can drive partners to distraction, leaving them to chew the bedclothes in frustration. We can shake the foundations of the house. We're snorers.

Snoring is a bummer for relationships. It can cause divorce, separate beds, nights on the sofa, different rooms, irritability and stress. As writer Anthony Burgess said: "Laugh and the whole world laughs with you, snore and you sleep alone."

The snore factor stops Britain's estimated 3.5 million snorers getting sustained quality sleep - the bit that really refreshes you - and the next day they are sleepy and under-perform at work. And, of course, it wakes up the partner - that's if they've got to sleep at all.

Doctors have never really bothered much about snoring - they just tell patients to live with it as it's a fact of life. The scenario is a familiar one: people falling asleep on a crowded commuter train and then they start to snore, setting everyone off giggling. And when they wake up to get off at their station, pointing fingers and more giggles.

Or even on the beach; deep rumblings rising above the sand dunes but never being quite sure where they're coming from.

It's easy to crack jokes about snorers, of course. But there's a more sinister side to all this as certain kinds of snoring are a warning that there's something seriously wrong with the body - quite apart from fatigue-induced driving errors on the motorway or in the cockpit.

And don't think that it's just men who do it. One in five men as do one in 10 women.

Snoring is caused by the breath vibrating through flabby tissue in the soft palate, mouth, nose and throat. You don't snore when you're awake because muscle tension keeps the airways open; when you're asleep, they relax. It is quite simply a bit more difficult to breathe when you're lying down, so we have to breathe more deeply to take in the necessary oxygen.

There are three remedies: changes in lifestyle, using gadgets and surgery.

The lifestyle changes centre on avoiding relaxants. Don't eat late at night, don't drink lots of alcohol, don't take sleeping pills, don't smoke and try to lose some weight. You can also try adding another pillow and sleep on your side instead of on your back.

Or consider using one of 200 gadgets on the market. Snorsprings prise open the nostrils to allow air to pass freely - good if it's a nose blockage causing the snoring. A Snore Guard may be the answer if the problem lies in the mouth. You insert this specially moulded piece of plastic between the jaws and this keeps the air flowing. Hardly likely to get your partner's heart racing with desire but it might give everyone a better night's sleep.

Surprisingly, the old wives' tale about putting on a bra, stuffing it with a couple of tennis balls and wearing it back-to-front gets medical backing. "It's what we prescribe to stop people sleeping on their backs," said the head of St Thomas's Hospital sleep laboratory, Simone de Lacy - who admitted to snoring after a night on the tiles. "When you're on your back, the tongue slips down the throat causing a blockage."

Or you can try a herbal nasal spray. If the bedroom is too dry, install a vapouriser. And for the long-suffering snoree, ear plugs.

Then there's snoring's horrible cousin - obstructive sleep apnoea. This loudest variety has a snore, silence, explosion pattern. The sleeper stops breathing for anything up to two minutes, then resumes with a tremendous snort (which is an intake of breath) often accompanied by a thrashing of arms. It cuts off oxygen to the brain, can lead to high blood pressure, reduction in libido, extreme tiredness, strokes, angina and even death.

Essentially, apnoea comes about because the blockages are severe that no air can get through. Men with thick necks are susceptible and if you've recently gone up in collar size - 17 or over - take a health check. Fat necks put pressure on the airways causing them to contract.

The loss of restorative sleep and the tiredness it brings is thought to be behind drivers falling asleep at the wheel. Research shows that many of these people suffer from apnoea.

Salvation lies in CPAP (continuous positive airway pressure), which has had a 90 per cent success rate at St Thomas's Hospital. It's a machine which blows cold air into the nostrils through a mask and prevents the airways from collapsing. It's quiet but at full pressure it's a bit like sticking your head out of the train window - sounds like another passion killer. But it does enable apnoea sufferers to get their first replenishing sleep for years.

Where snoring is caused by the movement of the soft palate, laser surgery can harden the tissue and stop the vibrations. It is done under general anaesthetic, lasts 20 minutes, gives you a sore throat for 10 days and costs £1,000.

First go to your GP and ask to have a sleep assessment at one of 50 sleep laboratories. Diagnosis is accurate and fast. **HE**

WHAT CAUSES SNORING?

1. Loose palate
2. Too much alcohol
3. Eating late
4. Sleeping pills
5. Too much smoking
6. Being overweight
7. Sleeping on back
8. Blocked nose
9. Thick neck
10. Head too low



HOW TO STOP SNORING

A. Changes in Lifestyle

1. Cut down on smoking
2. Cut down on alcohol
3. Eat earlier
4. Take more exercise or singing lessons
5. Lose weight
6. Sleep on your side
7. Raise head level
8. Cut out sleeping pills

B. Gadgets/ Surgery

1. Use Snorsprings
2. Use a Snore Guard
3. Wear a bra stuffed with tennis balls at the back to make you sleep on your side
4. Herbal nasal spray
5. Install vaporiser
6. Ear plugs
7. CPAP machine
8. Laser surgery

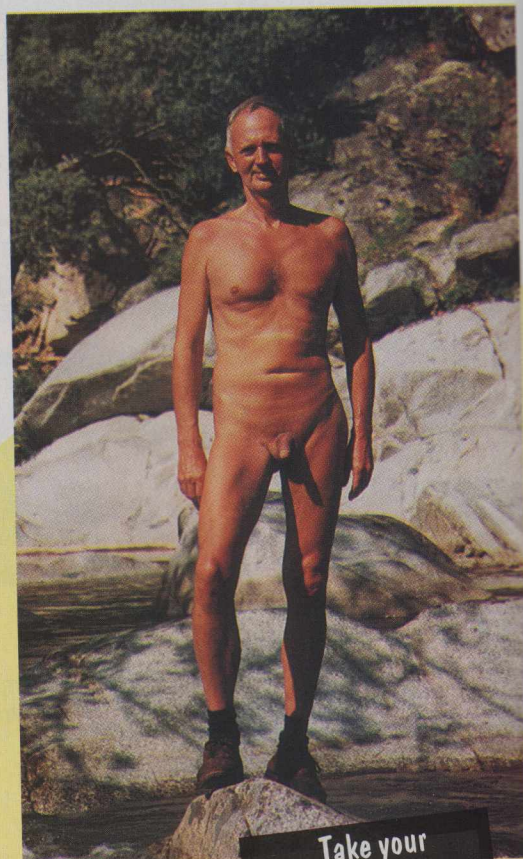
The lifestyle changes centre on avoiding relaxants. Don't eat late at night, don't drink lots of alcohol, don't take sleeping pills, don't smoke, lose weight

For more information, contact: The British Snoring and Sleep Apnoea Association (BSSAA), The Steps, How Lane, Chipstead, Surrey CR5 3LT; Tel: 01737 557997; fax: 01737 556671; e-mail: 100754.2356@COMPUSERVE.COM

TRAVEL

Take the strain out of Spain

There are areas of Spain that remain unspoilt and uncrowded, but are they any good for the cautious naturist? Robbert Broekstra and friends strip off and test the water for H&E



Take your
chance in
the ravine

Off the
beaten
track...
and back
again





The nude beach at San Pere Pescador

Few can miss the drama of the Pyrenees mountains as you cross the border from France into Spain. Spain's main resorts and tourist destinations can offer some superb naturist facilities, but so often there are more beautiful spots off the beaten track where I am happier to undress and take photos.

For me the mountains, fields and plains are far more in tune with our naked bodies than a built-up poolside or holiday camp. As long as you take precautions you won't upset other countryside users and there are many places where you won't see a soul.

While on my exploration of Spain we decided to take some pictures in a deep ravine. It hadn't rained for days so there was little water in the river and it was tricky to take photos when the sun cast shadows across the big boulders. We still managed to take some unique shots.

I like to combine my wilderness wanderings with a spot of culture. About 40km from the ravine we visited the Dali Museum in the city of Figueras, which is a must for everyone. We easily spent a good three hours there.

After lunch we went to the nude beach at San Pere Pescador at the Bay of Rosas. When you hit the beach you will see a small sign directing you to the nude area.

The sky was clear, a nice cool wind was blowing and the water was warm. When we left the beach we ended up in a Catalan procession of giants accompanied by traditional Catalan music. Near the church a dance competition was being held and everyone was having great fun, young and old together. There is more to fun in the sun than beaches and club grounds!



Traditional Catalan procession

FROM THE BEAUTY OF THE MOUNTAINS TO THE DELIGHTS OF DALI - CATALANONIA OFFERS A REAL MIX FOR THE NAKED HOLIDAY MAKER

HAVE YOUR CAKE AND EAT IT - GUARANTEED NATURISM WITH OPPORTUNITIES TO STRIKE OUT ON YOUR OWN

The camp site of Domain Naturiste Mas Pericot is about 30km from the French border and lies in the Pyrenees at a height of about 450m. Once you've found the village of Macanet de Cabrenys, the campsite is 9km further on up a gravel road strewn with rocks - so watch your car!

When we arrived we met the Belgian family, the Wydemans, who own and run this 10 year old site. The grounds are large and have many places for tents and caravans, but the Wydemans are cautious about over-publicising the place. They want to keep it small and quiet with an atmosphere of intimacy.

On site there is a small shop and a restaurant, but electricity is only on for a certain number of hours a day. The water is drinkable but I'd advise you stick to bottled. You can buy the essentials from the shop but go to town if you're after variety (though it's an 18km round trip on the road from hell!).

The Wydemans have set out trails throughout their property and the routes are marked out with coloured arrows. The walks range from 30 minutes to four hours. The fit ones among you can enjoy yourselves wading through creeks, climbing mountains, navigating dense bush and maybe coming across a wild pig, snake or fox. Never walk alone - no one will hear you scream!

Water and a camera are essential on any wander in the wilderness. You'll pass some wonderful, panoramic views. Don't try to be too adventurous, and wear your mountain boots.

Back in the club grounds you can enjoy a swim in the pool or play mini golf, volleyball while the kids are occupied in the playground. Hot and cold water run all day in the showers and toilets.

Early in the morning the sun rises over the mountains; a spectacular view as you come out of your tent.

When we visited there were only a handful of people there, but you still have to reserve and an INF card is needed. The rates for camping come to about £20 for two people for one night which is not cheap, but worth while.

How to get there

After crossing the French/Spanish border just past Le Boulou, you continue on the motorway to Barcelona. Come off at the second junction (Salida 2). Continue on the D503 towards Darnius and Macanet de Cabrenys. After 25km you'll come to Macanet de Cabrenys, just before the village turn left and after 200m turn left again. Look for the sign "Mas Pericot, No Caravans". The sign may be tricky to spot as it's surrounded by four other signs - so watch out! I drove past it four times before I spotted it. Keep following signs for 9km and you're there.



**"Ooh baby, it's
a wild world"**

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per minute at all times.
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Strike out on your own - have a
naked adventure



Beyond Costa Natura

Very often naturists who go on holiday stick to club grounds; they put up their tents, or park their caravans, or in the case of Costa Natura they rent an apartment. At many campsites you really don't have to leave the grounds to get everything you need for the stay. The more adventurous may choose to shop at local markets and villages for more choice at cheaper prices.

If you do have it all on site it's tempting not to bother to explore the region around you, and if you do, you're hardly likely to do it naked. Now, I'm not saying you should strip off to visit the Rock of Gibraltar, but if you cross over the main highway at Costa Natura and walk towards the mountains, you're unlikely to meet a soul.

Take your camera with you as you never know what you might come across. We stumbled across several abandoned homes and a rather forlorn looking donkey. Trekking in the heat makes a swim in the sea afterwards all the more appealing.

If you're after a walk closer to civilisation, then pop down to the harbour of Estepona. You'll see all the colourful fishing boats which visit Costa Natura during the early evening to return the next morning with the day's catch of fresh fish.

For those of you who prefer to explore by car the 42km trip to the white village of Calares in the mountains is well worth the journey. It's best to park your car just before you enter the village as the streets are really narrow. That way you can climb up to the ruins of a church which towers over this village and is an excellent spot for photography.

Unfortunately many people had the same idea as us and we had to wait a while before we could strip off and get snapping. When we came back into the village we had something to drink on a terrace overlooking the town centre.



Calares - an excellent spot for photography

For Info ...

Peng Holidays run trips to Costa Natura. Phone 01708 471832 for details. Costa Natura is 90km south of Malaga, near Estepona on the E15 highway towards Gibraltar.

Would you go naked with the apes in Gibraltar?



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HEALTH BITES

LOSE YOUR RAGS - NOT YOUR RAG!

If you feel a fury coming on, it might be worth biting your tongue and letting others carry on. If you're naturally the type that interrupts and takes over conversations, you could be out of the picture earlier than necessary, according to a 22 year study just completed by scientists in North Carolina. They took a group of 750 white, middle class men and observed their conversational habits. The ones who were socially dominant had a 60 per cent higher chance of getting heart disease. I can't imagine, however, that simply repressing your angry emotions is the answer. Some relaxation techniques are probably in order.

DEPENDS WHICH END OF THE BUS YOU'RE LOOKING AT

It won't bring cheer to our handsome and unattached H&E readers, but according to a psychologist at Hamburg University, it's much easier to find a girlfriend if you're an ugly chap. Apparently it all works upside down in the mating game. Super-pretty girls frighten most men off, and end up lonely and craving attention. They get this from ugly men who learn at an early age to try much harder to be charming and attentive to all women. The result, we're told, can be "magical".

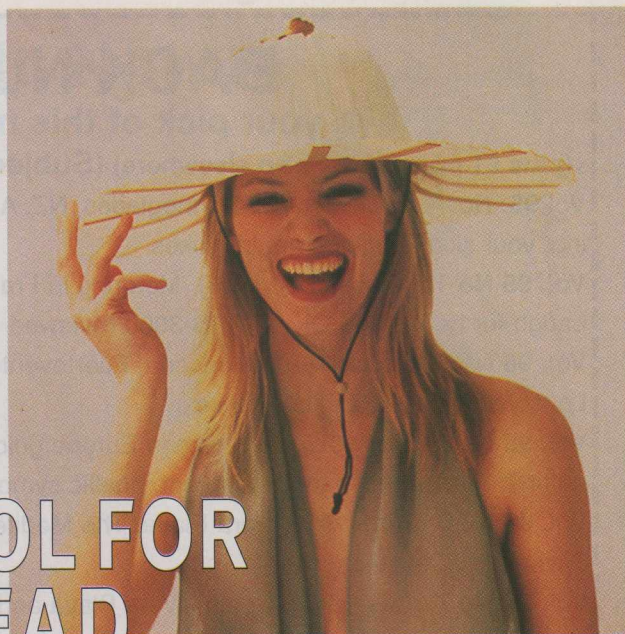
TOO COOL FOR YOUR HEAD

Girls! I've just discovered two really fab hats for the summer. Not only do they look great but have health benefits too. The British Journal of Dermatology stated that the brim on sunhats should be at least 5cm wide all round, and made from closely woven fabrics to provide 100% UV protection.

Heather Allen's Sunsmart range of hats fulfil these requirements with definite extras. She's designed a brilliant cotton drill hat with brim, with masses of the vetiver plant woven into the fabric. It sounds odd, but the vetiver plant can help reduce stress; mobile aromatherapy has never been simpler!

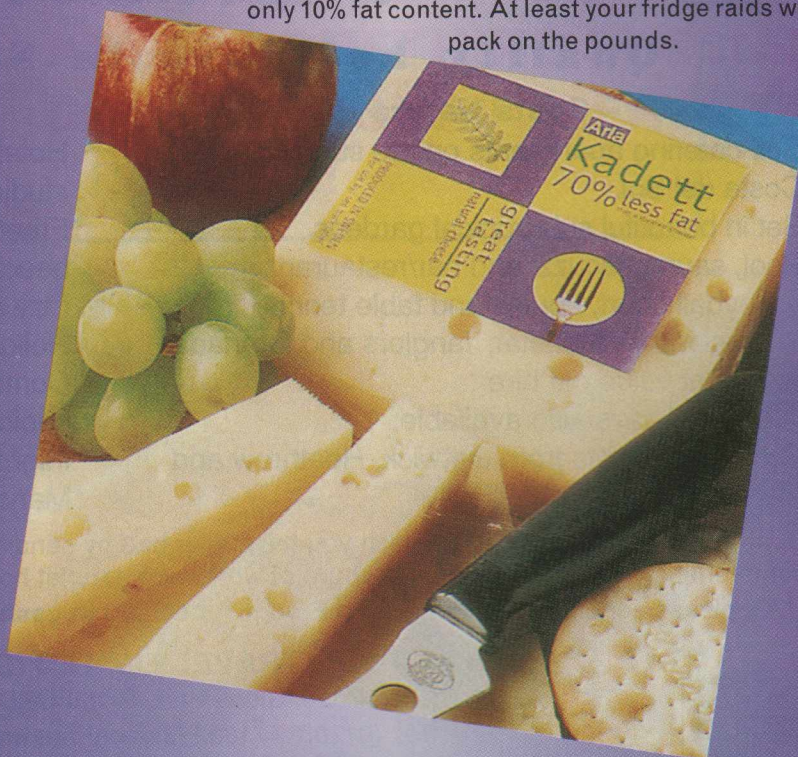
She's also invented a fan hat, which folds up into a neat little fan which you can either slip in your bag, cool yourself with, or in one second, open up and turn into a stylish beach hat. It's a winner!

For further information on where to buy these hats phone: 0181 960 2163



CHEESY PLEASEY

If you're too busy even to make a sandwich, and often find yourself lopping off lumps of cheese straight from the fridge, you might seek out some Swedish cheese called Kadett by Arla. It's possibly the lowest fat cheese in the UK, with only 10% fat content. At least your fridge raids won't pack on the pounds.



STICK WITH YOUR LIPPY

Wearing bright red lipstick on the beach may seem inappropriate, but it certainly makes sense. We often forget our lips when applying sun creams, but recent research shows that men are seven times more at risk of lip cancer than women. This is because women are much more likely to apply a protective layer of lipstick. Word of advice: a paler colour will suit most men better, although the colour itself is protective.

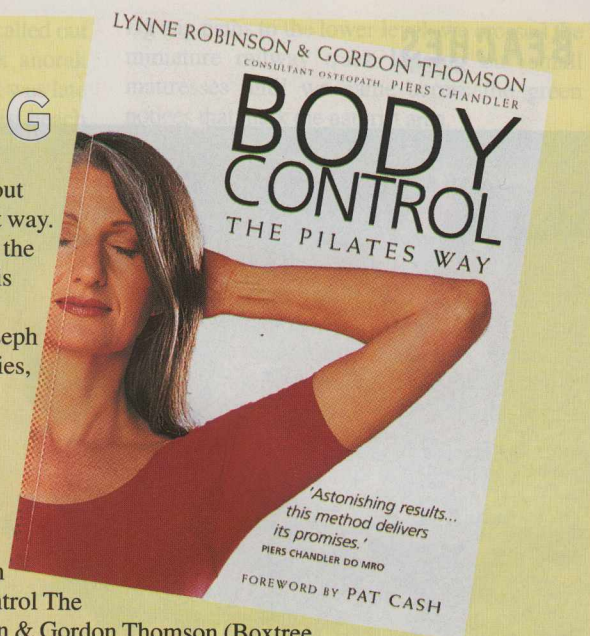
THE "MUST-HAVE" GENES

While some people stuff their faces all day and stay skinny, some of us have wondered whether the fairies are fixing their excess fat on to us in the night. We're all not equal and life's not fair. So it's no surprise that scientists from California have identified a human gene called UCP2 that burns up calories faster. Now they simply need to discover a way to get that gene working for all of us.

PILATES TRAINING

A new form of exercise comes out every week - at least it feels that way. Sometimes it's worth trying out the old and tested methods. Pilates is known as the Body Control Method. This was started by Joseph Pilates in New York in the Thirties, using a holistic approach to exercises. It's been particularly popular with ballet dancers, countless actors and top sports people.

You can discover it for yourself with this clearly written and illustrated book, "Body Control The Pilates Way" by Lynne Robinson & Gordon Thomson (Boxtree £9.99). Author Lynne suffered so much back and neck pain that even gentle yoga was out of the question. She became free of pain by trying the Pilates method and eventually taught it. Quite inspirational.



NO SEX PLEASE I'M HAPPY

Those on Prozac and other similar anti-depressant drugs have a one in two chance of it affecting their sex life. The most usual effect is a reduction in libido. Many will argue that it's a small price to pay for a feeling of happiness, but it's important to be aware of these side effects, and explain the situation to your partner who may otherwise start to see their sexual confidence slowly diminish.

GRAPEFRUITS AND SNEEZERS DON'T MIX

One of the most popular over-the-counter drugs for hay fever is terfenadine, commonly used in Triludan, Boots antihistamine products and Allereze. There are moves to get this made a prescription-only drug, as there have been 14 deaths linked with it, and some are due to the reaction caused by taking the drug with grapefruit juice, a common enough thing to do in the summer. It's worth taking caution, but remember that these figures, tragic though they may be for the bereaved, represent a minuscule proportion of the drugs used.

STAY AWAY FROM ME! I'M PUTTING ON WEIGHT!

If anyone suggests you're a bit on the chubby side, you can now tell them that you probably caught it off someone else. It seems that fat can be infectious. Researchers from Wisconsin University have discovered how a virus can cause obesity in animal experiments. They believe humans can catch it, and speculate that it could even be the cause of the overweight 'epidemic' in the last decade.

BOTTLE OUT!

Chaps! When the heat is on, don't get fizzy! And chew at your peril! It seems that many brands of sweets, chewing gum and soft drinks contain enough sodium cyclamate to shrink your testicles. If you're a rat, that is - the experiments have been confined to labs so far. The advice of the Food Commission is to watch your levels of this chemical, bearing in mind that the sperm counts of European men are declining.

HEALTH TIP OF THE MONTH

If you can't get to sleep for worrying, put on a pair of socks which you have just soaked in cold water and wrung out, then put on another pair of dry socks over them. The cold socks will draw your energy down, leaving your mind in a calm state.

Chew at your peril!

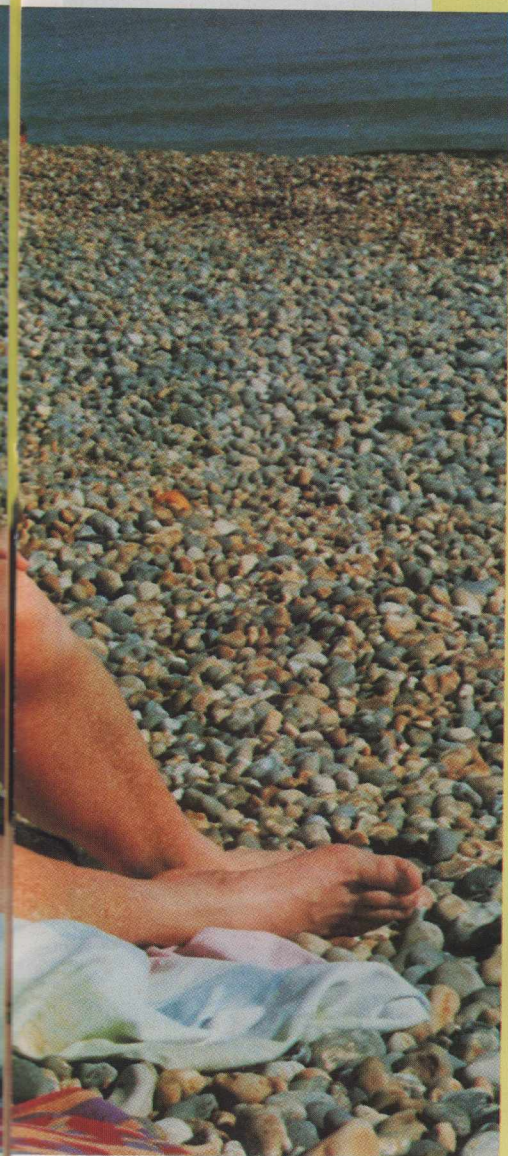


BRIGHTON UP YOUR LIFE!

**All the fun of a seaside town -
and a naturist beach too!**

**Brighton does have a lot to
offer, says John Hale, but will
you find yourself becoming
one of the seaside
attractions?**





Relaxed and happy -
no threat from anyone

"I'll do it if he does it!" I called out to the lady dressed in a huge thick anorak sporting a large pair of headphones. It was late October and I was on Brighton naturist beach on the south coast of England on a cold, windy day with a friend, Arthur. We had been to Brighton before but, although both long-standing naturists, we had never bothered to find this renowned beach.

So this time we decided to challenge our navigational skills and locate it. It was not that easy in October with no bare bodies around to see. We asked a passing cyclist and he said that it was "somewhere over there", pointing in the general direction of the Marina - but, looking at the worsening weather and crashing waves in the distance, he obviously thought we were a couple of nutters!

We continued to walk and found a couple of marker posts sprouting from the Brighton pebbles just over from the miniature railway terminus. The notices, often stolen by souvenir hunters or obliterated by spray paint, proclaim that nudists are permitted between the posts and beach users are expected to dress on their return to the lower road.

Having scrambled over the banks of pebbles, Arthur and I dropped down to the water's edge to find two people there. The lady with the headphones and her husband were engaged in discovering buried treasure washed up by the sea using their metal detectors. Our conversation was with the lady, a local who, it turned out, thoroughly approved of Brighton Council's decision back in 1980 to declare a prime portion of their beach available to nudists. She said that, although conduct was sometimes poor at first, these days most sunbathers were well behaved and there were now few voyeurs. She concluded by urging us to "take the plunge" on this cold and windy day. So, for little more than five minutes until the cold and wind got the better of us, Arthur and I were to be seen stark naked, encouraged by our local metal detecting friend who must have thought we were very daring or quite stupid!

Nine months on, in mid July, with the sun blazing down from a clear blue sky, another friend, Lynda from our Naturist Club, and I came to Brighton to experience naturism on Britain's best known nude beach. Having parked the car on the upper level and taken the

zig zag paths to the lower level, we crossed the miniature railway track lugging our small mattresses until we came across the green notices that mark the naturist area.

We found them, still in place but with the wording spray painted out by vandals. Still, over the first pebble terrace, we could just see the encouraging sight of some naked bodies lying there in their ones and twos (not actually that many twos) on their coloured towels taking in the sunshine. By now it was mid-afternoon and, despite the moderate north-easterly breeze, it was hot. We were hungry and sticky and just wanted to strip and enjoy a naked lunch on the beach.

Our first impressions of the beach were generally good. It was very clean with little litter about; a fair number of people (mostly, though not all, nude) - but not overcrowded. The three pebble terraces, presumably artificially built up and stretching for the whole 150m or so of the nude beach gave way to a clear blue sea gently lapping down below.

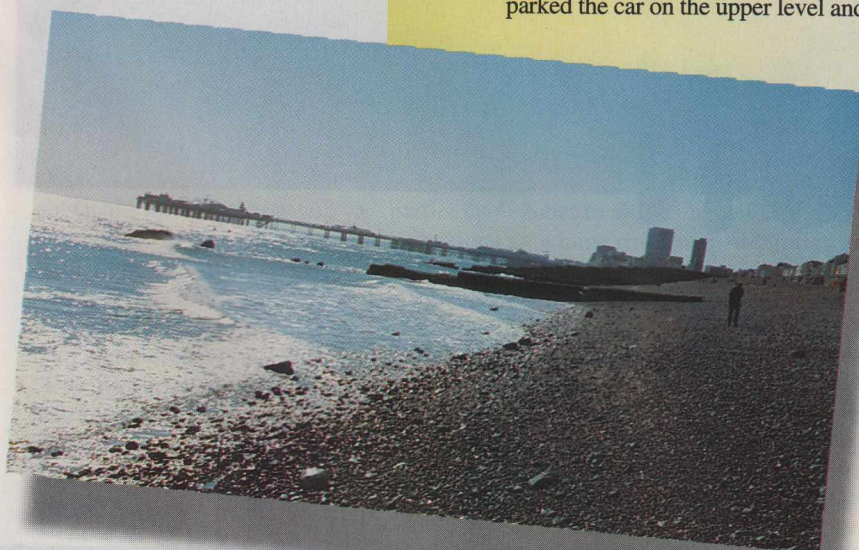
Looking around, we chose a spot to place our beach mattresses, towels and other belongings some 50m or so into the designated area on the middle terrace. With others all spaced equally some 5m apart, it is always a bit awkward being latecomers and running the risk of encroaching on other people's space. In any case, with the obvious preponderance of single men, we wondered what reaction a couple would have.

As we stripped off and settled down to have some delicious salmon sandwiches we seemed to be well accepted by most of the others. Some of the men moved away from us one by one, while a few others places themselves strategically for a better view of us. At one point, a couple of disembodied heads kept popping up over the lower terrace edge to stare at us. We commented to each other that, against the background of the sea beyond, they would have made good target practice for well aimed pebbles. We resisted: they were enjoying themselves and posed no threat to us so, having completed our refreshments, we slithered into a horizontal position to enjoy the remaining sunshine and the beautiful peaceful sounds of gentle sea wash and distant seagulls.

There was no open evidence of any sort of voyeurism from the road behind nor from more than one or two sad individuals who persisted in walking along the beach fully clothed. They were harmless enough. Most of the sun worshippers seemed to be content to keep themselves to themselves but shortly before we left the gentleman next to us engaged in some pleasant conversation.

But by now it was 6pm and we explained that, having sunned ourselves for the best part of three hours, we were to end our day in Brighton by relaxing at the Bristol Gardens Health Spa just a pebble's throw away. We had been there before and on arrival were greeted, as usual, like old friends.

After another three hours or so of saunas, Jacuzzi, hot tubs, steam rooms and relaxation areas, we set off back to London having had a day full of pampering our naked selves in so many varied ways. **HE**



*John James
joins an
eclectic mix
of people for
whom the
body is a
blank canvas
awaiting a
brush with
excitement*



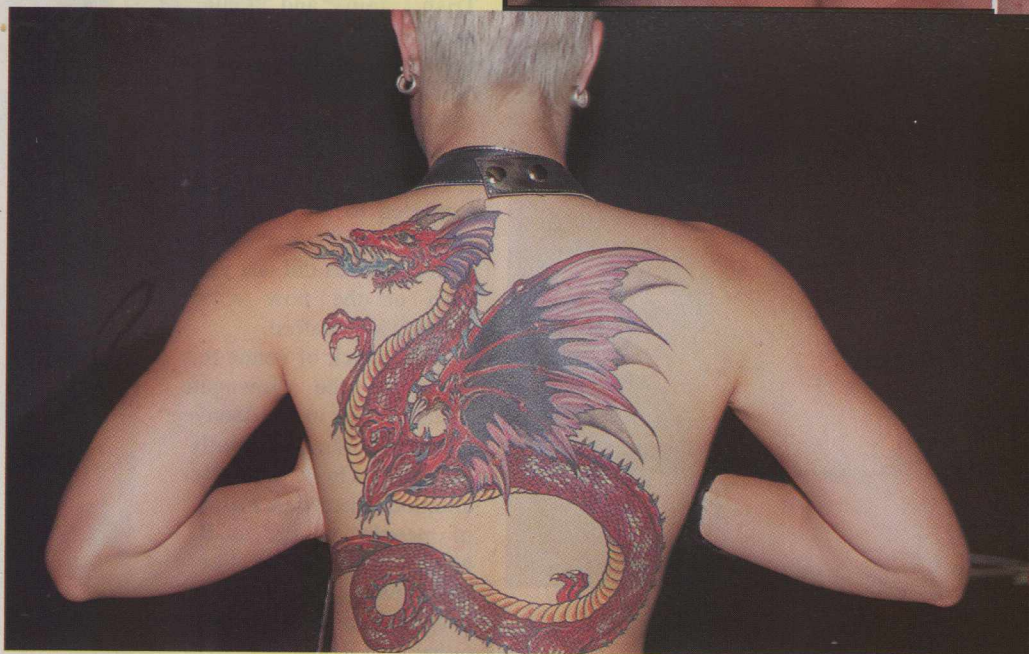
BASILDON BONDING

The 1997 Basildon Bodyworks Tattoo Convention held this March was a real buzz. As is usual at these events it drew in plenty of naturists, body art and fetish fans as well as die hard tattoo devotees. What was merely a tentative mixing of interests a few years back has now simmered into a rich human stew of "alternative" people. And it's all the better for the lack of labels.

As well as the chance to perhaps acquire a new tattoo or body piercing, these expos provide great opportunities to see and be seen - and many of the outfits demand close inspection! During the day, as I was running around photographing people, I kept bumping into a striking woman in a skin-tight Lycra top through which her nipple rings were clearly visible.

Later we made it into the private studio where she eagerly stripped off for some shots. I've yet to meet a piercee who's the least bit coy about displaying the most intimate parts of their bodies, even to a total stranger, provided they're not an obviously lecherous voyeur. "I love my piercings, they've added a whole new sense of worth to my body," said Hilz, "Why shouldn't I show it to someone who's genuinely interested?"

And I was; not just in the barbells through her nipples and the stainless steel ball closure



rings through her inner labia but in the whole woman. Piercings are, after all, just another physical manifestation of a particular mindset and to view them as mere decoration is, in most cases, to miss the point.

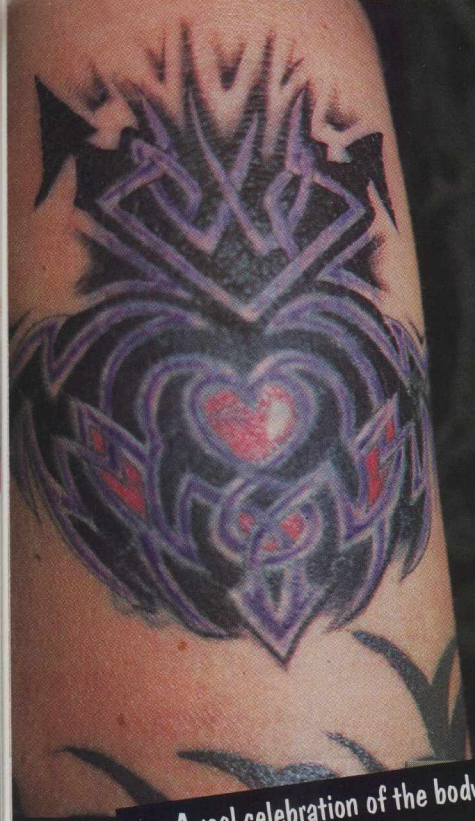
As Hilz posed we were joined by her boyfriend Ted, also pierced and an amiably cool complement to his engaging girlfriend. "I've just been showing him me bits," she said by way of introduction. His broad grin spoke volumes, as did the three of us later in the bar, where we discussed the full significance of their piercings to both

themselves and each other.

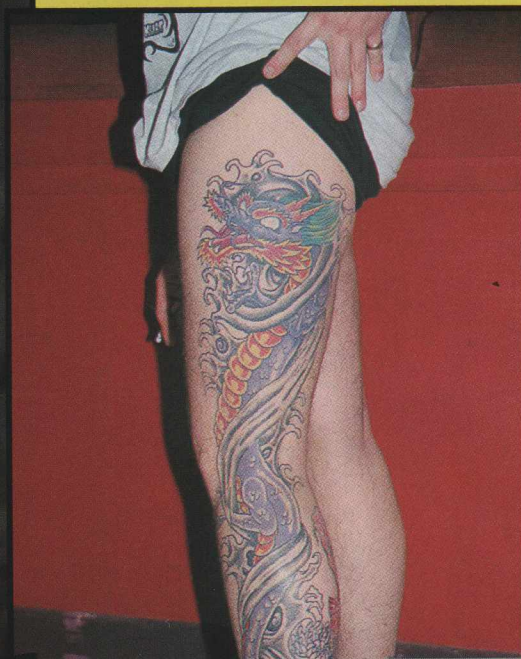
Ted had trodden a common path from ear lobes to nipples to genitals. His Prince Albert - a large ring inserted through the eye of the penis and exiting under the glans at the frenum - is now both his and Hilz's best friend. "You're totally unaware of it until you get an erection," he says. "And then the sensations become mind blowing!"

Hilz gushingly agrees, claiming that the cold steel stimulates her clitoris and vagina in ways she'd never have been able to imagine. So, spectacular sex and because the piercing

Designs - from New Age
to tribal



A real celebration of the body



Tattooing - a guide to practices and places

0891 805 413

All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.



was done for her, the ultimate affirmation of a man's love for his partner. Their eyes and the gentle squeezing of hands across the table say more than I'd ever need to.

A safe, rapid healing, and reputedly the most popular male genital piercing, the PA originated during the 19th century as a means of securing the penis to the leg, thus avoiding too obvious a bulge "spoiling" the tight trousers of the day. How times change.

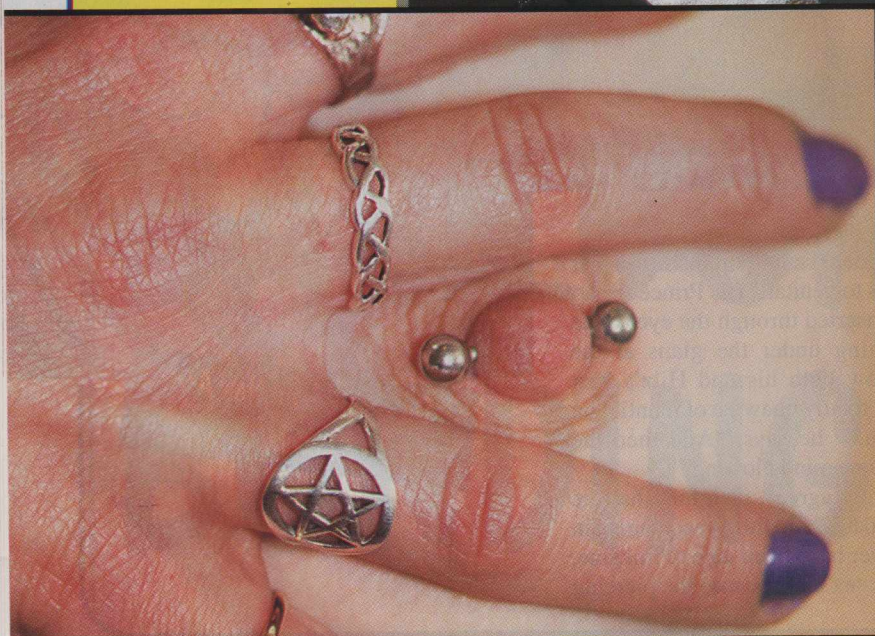
The three of us became firm friends in an instant and virtually had to be prised apart as work beckoned in the shape of the awards ceremony. Unfortunately we'd only had time to touch the surface of a fascinating, nebulous trip into the psyche, but we'll meet again and continue our conversation naked under the sun. Watch this space.

That really is the essence of these events. Whether you're into dressing up, dressing down, piercing, tattooing, showing off or simply showing all, you'll be sure to meet a lot more interesting people, all of whom come to enjoy the liberal and easy-going atmosphere.

This was the fifth Bodyworks show and, according to Tony who organised the event along with Trish, Iain and Gail of Bodyworks Tattoo studio, the nomadic nature of the show in previous years has proved something of a problem. The first two conventions held at the town's Festival Hall struggled to attract as many people as had been anticipated, as did last year's bash at the now closed Dolphin in Romford.

The switch of venue this year to the Towngate Theatre, right in Basildon's main shopping area, hardly helped. On Saturday afternoon there were plenty of people in the mall nearby who looked like they really should have been exploring body art rather than Bejam.

But never mind; the crowd who did show up certainly made up for in quality what they lacked in quantity. It's been a long time since I met so many beautiful, stylish, friendly, interesting and downright cool people under one roof. And with beer at a pound a pint, buying them drinks became a double pleasure.



Sadly there was no repeat of last year's amusing little error which had billed Teresa Gorman, Essex's outspoken Tory MP (at least at the time of writing) as being one of the tattoo artists working in the main hall. I know there's no such thing as a safe seat in government these days but somehow I couldn't picture her moonlighting in a tattooist's chair, struggling with intricate Celtic knotwork.

Having decided to get her to do John Major's face on my bum with, naturally, the appropriate orifice forming the mouth, I was a little disappointed to discover that it was in fact Teresa Gordon, a local

tattoo artist, who was in the chair.

Luckily, none of the other artists present this year were masquerading as Members of Parliament and were content to buzz away at the trade they know best. They included the likes of Andy Barber, Tom Ptolomey, Darren Stares, Keith Goodwin, Steve Kasher and Rob Jackson. Working back to back in the centre of the main theatre, they all seemed to be doing steady business.

Sunday was a good deal busier, with around 500 people filling the hall during both sessions. To their surprise they were regularly being shepherded into the main arena by a pair of 12-ft insects on stilts. This uncommon experience was provided by two girls who run a dance company and added a slightly surreal note to the proceedings.

Oversized insects on stilts generally find climbing stairs a problem, so the trade stalls in the

upper foyer were (mostly) a safe haven for the squeamish. You could check out the world of piercing courtesy of the new range of videos which were being played by Brighton-based body jewellery specialists Wildcat.

Some of the scenes of genital piercings had a group of spellbound girls squirming however. They soon shuffled back downstairs, each with their legs clamped tightly together.

There was the usual range of products on sale, most of it interesting and of high quality. I was torn between some carved wooden heads and the life-size pewter skull on the Pegasus Piercing stand. In the end I bought neither, having run into yet more smiling faces who wanted to talk about life, love and Prince Alberts.

That the show was fairly small only served to enhance the intimacy of the atmosphere and strengthen the almost tangible bond between people. The Basildon Bond. Damn! I tried so hard not to say that. . . **H&E**



H&E Piercing guide

0891 805 412

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Perusing the papers for summer scandal

ACTING UP, DRESSING DOWN

Once the sun comes out... people inside start stripping. A production of "Having Your Cake", a lesbian drama at London's Drill Hall, featured two women, naked except for their Doc Martens writhing in sexual ecstasy.

Meanwhile "Steaming", a play set in a women's public baths which enjoyed a long West End run in the early Eighties is revived in London this month. The extensive nudity of the main characters is, for once, absolutely essential to the plot. If only Shakespeare had been a little less formal we might now be enjoying some open-air nakedness in the newly restored Globe theatre.

GARDEN NUDIST DEFIES COVER-UP WARNING

Naked activist of the month is 50 year old Alan Raynor who, despite complaints and police advice to cover-up, insists on strolling naked round his garden.

"An Englishman's home is his castle and I am not harming anyone," says the 50 year old computer analyst. The trouble is that his castle, a semi-detached house in Ledbury, is overlooked by a footpath and passers-by are reportedly embarrassed by his behaviour.

A defiant Mr Raynor, who lives alone, says he has received no direct

complaints and only became aware of local feeling after police intervened. Inspector Geoff Mayor said: "We have no wish to curtail his lifestyle but he could fall foul of the law of indecent exposure. If someone is in their garden, perhaps with a wife or mother, and there is a naked man next door, they could easily take offence."

Given the iniquitous nature of the laws relating to indecent exposure, would a complaint about a female nudist be upheld using the same logic? Perhaps Mr Raynor should claim sexual discrimination.



FREE FRANKS

Former AbFab PR guru turned spiritualist tree hugger Lynne Franks has recently been treating the Daily Mail's famously hedonistic readership to a series of navel gazing New Age newsbites. One episode finds her on a mountain top outside Seattle with only a bottle of water, sleeping bag and a drum for company.

"For the first time in my life I was completely alone," she remarks. "I watched the eagles circle. Then I took all my clothes off. I sensed the primeval blood of my female ancestors, the blood of women of all time, running through veins. As night came I made a circle of my own urine..."

As we all appreciate, communing nakedly with nature is joyously uplifting and doubtless Franks' karma was suitably improved. But I fear that amid all the incontinent ecstasy she may have forgotten that freedom, like everything else, comes with a price.

Who's to say that, even as we speak, Jennifer Saunders isn't writing the scene into another, absolutely-final Absolutely Fabulous?

Faced with the resulting spectacle of a naked Edina brandishing a bottle of Bolly and drunkenly spraying Seattle from on high, most of us would surely renounce our freedom and turn ourselves in without delay. Now if it was Patsy up there...

EXPOSED!

A FIVER TO DI FOR

In a "Passport to Pimlico" -style bid for independence, the Chelsea Arts Club has issued its own money. Unfortunately, among the bacchanalian revelry pictured on the £5 food and drinks voucher is a bare breasted Britannia bearing an uncanny likeness to Princess Diana.

Don Grant, who designed the note, evidently has something of a predilection for regal flesh, having once exhibited nude portraits of the Royal Family - having his CAC membership suspended as a result. "He should have been hanged," suggested one member.

FIRST WE TAKE BELGRAVIA...

Don't tell the CAC, but just down the road in swanky Cadogan Square, owner Viscount Chelsea has finally agreed to sanction the unofficial toplessness and occasional nudity that was a feature of the long hot summer of '96.

As the Square and the other well-screened garden spaces on the private estate are only accessible to key holding residents it was decided that the girls (strangely, no reports of any male nudity) posed no threat to national security or the pacemakers of passing Chelsea Pensioners.

Brushing aside complaints from "some old nannies" who had demanded that the practice be banned, the Viscount's comments were impressively positive.

"I think that some of the complaints were motivated by jealousy. My feeling is that nude sunbathing should be encouraged," he told a Telegraph correspondent, adding nobly: "Of course, we would rely on the police to stop people doing anything illegal and we can rely on people's natural self-restraint to avoid too much exhibitionism."

Naturally, anything less than 200 despatch riders tea-breaking around the perimeter this summer should reliably indicate that this thoroughly decent state of affairs is continuing to the satisfaction of all.

SHORTSSHORTSSHORTSSHORTS BRITS OVERDO DUTCH COURAGE

Convinced that nudity was permitted anywhere in Holland, 20 British tourists stripped naked at a popular riverside picnic site in Rotterdam. "It was a cultural misunderstanding," said police, who intervened after complaints from local residents. Expect a full enquiry and a statement from Robbert Broekstra in due course.

EXCERSEX SELLS

The body beautiful health and fitness boom continues with the publication of monthly magazine, GQ Active. On the cover of issue one is the banner: "I've had sex with 3000 women!" Editor Simon Mills, denying charges of top shelf-type sleaze explains: "We're f***ing active." Well it does keep you fit. . .

BODIES ON THE BEACH?

The see-through chiffon tops and dresses that have been this year's fashion sensation have also rocketed sales of all-concealing, flesh-coloured "nude" body stockings. Perhaps they might also find favour with women nervously contemplating their first nude beach visit?

WOULD YOU CREDIT IT?

A plan by the CCBN to launch a naturist credit card faltered after the Royal Bank of Scotland demanded a full list of its members, reportedly for marketing purposes. The CCBN refused, to the relief of its members and probably check-out operators everywhere.

COMPREHENSIVE BODY OF EVIDENCE

Two girls were fined £45 each for sunbathing nude on a deserted stretch of beach on Sardinia. Police told the judge they arrested them after watching them through binoculars for six days.

DEB'S A WEB CELEB

Many naturists dream of making a living from their passion, the latest of whom is Deb 'the Web' who swapped a glittering career in real estate to run an adult naturist website on the Internet.

Along with ads for premium rate phone lines and virtual strip poker, Deb and her various naturist friends can be seen naked on boats, in cars and in the country.

Browsers are offered the chance to buy a range of photo sets.

"It does take a lot of time to keep the page fresh and updated, not to mention the e-mail," she says. One man from Australia wrote to her every day for four months, including unsolicited snaps of various body parts. "I was starting to get a bit concerned, then he suddenly stopped," says Deb. She later found out he was a university professor and had been found out.

To see more of Deb and her friends visit: www7.servtech.com/deb/ Alternatively check out seriously unprotected biker boys and babes posing with their wheels at the Nude Motorcyclists of America's site at: www.flash.net/~namra/intro.htm



This chest is under arrest!

Paul & Bridget

If you don't like lying about on the beach, take a friend and have some fun!





Paul & Bridget

**This couple is
inseparable - it's great
when you share the
same interests**

Photography by Leif Heilberg



**Keith Elliott
refuses to take
the plunge!**

NO HASSLES AT HASLEMERE



The club with the sunny disposition

No, of course I did not go in. Why risk a heart attack when you have a young photographer to do the honours while somebody photographed her? There we were, by kind invitation of Haslemere Sun Club, sipping red wine in the slightly half-hearted sunshine.

And there was the pool, in process of having its old heating system replaced by a gas fuelled one. "I'm only going to stand in it," said Julie nervously. Then later, "It's all right once you're in."

Three stalwart members believed her.

Haslemere Sun Club celebrates its 50th anniversary in 1997, though the pool is younger, having been built in 1955 with a wind pump to circulate the water. It was less manicured and more primitive in those days, but people came in large numbers to the birthday weekends, Elsan toilets notwithstanding.

Sun clubs were rare and nudist beaches almost non existent, which is why there was standing room only at Haslemere. It is less crowded today, with 53 families in membership, some of whom live far away and only visit their chalets once or twice a year.

The club advertises wherever it can, including ➤

**Naturist beaches
and clubs in Britain**
0891 805 417

All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.



YOUR PEACE IS SOMETIMES INTERRUPTED BY THE INHABITANTS OF THE NEXT PROPERTY - THE DUCKS AND GEESE



on the Internet, but would like to see a few more younger families; there is a turnover of three to five families and singles a year and there is some room for expansion. On a sunny summer Sunday, you will find around 30 people at the club.

The balance of the sexes is carefully maintained, which sometimes means a small waiting list, as there also is for chalets, of which there are 28 owner-occupied. There is space for four tents. Car-parking space is limited, however, and the cars stay at the bottom of the hillside on which the club is built.

There is no vehicular access to the pavilion (club house), so everything has to be carried up a number of steps. This may explain why there is no sauna, since by the time you reach the top you have built up a healthy sweat anyway! And if you want to cool down, there is always the pool. . .

The club is run by a committee of 11 members. New people make three visits, so that all concerned can decide whether membership is a good idea. Since the club is not a commercial concern, but a small community where everyone is well-known, membership is not automatic, but one has the impression that people are not generally turned down.

The land is owned by the club, which means that tenure is secure. Your peace is sometimes interrupted by the inhabitants of the next property - the ducks and geese, generally unwelcome because of their irritating habit of eating the shrubs. Genuine human members bring their own food and drink, so they leave the shrubs alone.

There are courts for tennis and volleyball, but the main sporting interest of the club is boules. There are social events at least three times a year and workdays at least twice a year. Other maintenance is done voluntarily by the members during the week. Although the grounds are in theory open all year round, the pool is closed

down at the end of the season, and the services cut off in mid November

Members take it in turn to visit out of season to check that there has been no vandalism. The only serious intruder has been an escaped convict, who spent a solitary New Year in one of the chalets. If you are looking for a stress-free bolt-hole which is off the beaten track, and you don't mind all those steps, Haslemere welcomes you.

It is a happy and sociable crowd of folk with a keen sense of humour. And by the time you read this, the new heating system will be up and running, so taking the plunge will not be such a bracing experience. ■■■

**THE CLUB SECRETARY CAN BE CONTACTED
c/o CCBN (SOUTHERN REGION), FREEPOST,
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H&E GIVES SOMETHING BACK TO YOU

Last year H&E decided it wanted to give something back to the naturist community. We asked you, the readers, to nominate a family who had done the most to promote the further understanding of naturism. This didn't mean they had to have a high profile or dedicate every living moment to naturism, but just represent the happy and healthy way naked living can be integrated into our everyday lives.

The family nominated would be presented with the Damian Dumelow award. Charlie had met Damian when making his video "Cap D'Agde - Naked City", and included an interview with him in the film. Tragically Damian died just 18 months after meeting Charlie. Charlie Simonds suggested we dedicate the silver plate to Damian as a memorial to the young naturist who had embodied the spirit of family naturism.

The first people to be presented with the award were the Gatward family. Babs and Alf have run the South Essex Naturist Group for 15 years. Their children, Donna and Suzie, have been naturists all their lives but have also been actively involved in the local community through their work with the Girl Guides. The whole family has a relaxed but committed attitude towards naturism. While they don't attempt to thrust naturism down people's throats, they've helped to convert many of their friends.

We met up at Diana Roseman's house in the middle of the Essex countryside. It's an amazing place - a converted pub with tons of character but, unfortunately, no booze. Diana and George virtually have a zoo in the back garden. There are chipmunks, rabbits, pet rats, finches, cats, dogs, guinea pigs and hens - Dr Doolittle has nothing on these two!

Charlie and Wendy came down to meet the Gatwards and interview the family for Charlie's video 'Free Sun Naturally'. As it was Charlie's idea to dedicate the plate it was very appropriate he was there. Pat from

The H&E gang meets the family which has done the most to further the understanding of naturism





Charnwood acres had accepted the award on behalf of the Gatwards at the H&E Fun Day last year, so this was my first opportunity to congratulate the Gatwards personally.

They really represent all that H&E stands for. Naturism isn't just about being naked, it's about doing things your way, not worrying what the rest of the world thinks - it's about being yourself, liking yourself and loving life! **HE**



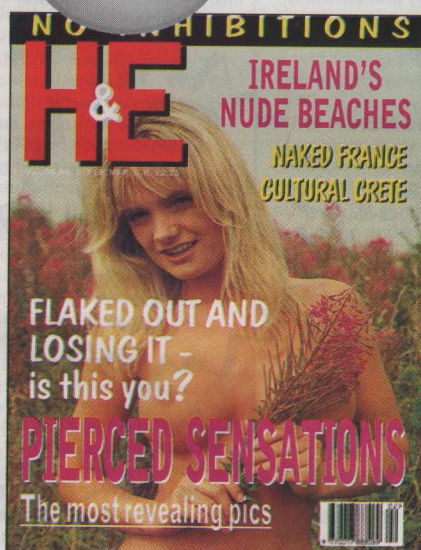
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We hope you are as delighted as we are with the new direction and new format that H&E has under New Freedom Publication's control. We have held the subscription prices low for some months - and indeed we have honoured subscriptions where money had been paid to the old owners of H&E (but for which we sadly received no income ourselves!). Our prices will have to rise next month in keeping with our cover prices.

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Meeting Place

GIRL POWER! Ladies, if you're interested in making new friends, why not place an ad today. It's fun, confidential and completely FREE.

A NEW DIRECTION! Male, 46, 5'9", slim, blue eyes. Into naturism & motorbikes. Seeks Female, 25-55, to share time with. Yorkshire. ML 20362

LIFE'S A BEACH Tall, athletic & broad minded Male, 28. Fun to be with. WLTM similar Females, 18-26, for trips to the beach & clubs. Hampshire. ML 12797

NO MORE DIY! Romantic & caring guy, 30s tired of DIY & being alone. Seeks attractive Female, for fun & friendship. Northumberland. ML 18785

SPIRITUAL SUNSETS Scatty, sensual & spiritual Male, 27. Likes art, beaches & wine. Seeks Female friends, 18-35, to share quality moments. Devon. ML 19506

NO SHEEP PLEASE Tall, blond, blue-eyed 28 year-old guy, seeks adventurous, fun-loving lady for fun time. North Wales. ML 19750

FIT & ACTIVE Student guy, 25, 5'8", into keep fit, swimming, art, music, cooking & naturism. Seeks mature, kind lady. Kent/anywhere. ML 19797

GET IN THE MIX! Athletic Male, 33. Into DJ'ing, seeks a Female travel partner, 23-33, to join him at a naturist resort in mid July. London. ML 21060

LUST FOR LIFE Outgoing student, 29, 5'10". Into keeping fit, the outdoors, cooking, fine wine & having fun. Seeks independent Female with a lust for life. Northampton. ML 22612

FUN & FRIENDSHIP! Male, 43, enjoys cycling & music, seeks Female friend, 20-50. Yorkshire or Lancashire. ML 18010

IN THE PINK Dark-haired Male, with interest in naturism, saunas & open air club activities. Seeks naturist lady, 20-35. London/anywhere. ML 18055

IN A LATHER? Cuddly, 6', 27 year-old male into football, reading, shaving & body piercing. Seeks lady into the same. Newcastle. ML 18122

NEW TO NATURISM Tall, solvent Male, 38, good looking, into cinema, clubs & eating out. WLTM attractive Female for holidays, fun & naturist meetings. Surrey. ML 18193

INDOOR & OUT! Male, 38, 5'5" & medium build, enjoys walks, cinema & the beach, seeks F, 38-50, for naturist fun. Essex/London. ML 18279

NEW TO TOWN! Male, 39, bubbly personality, likes cinema, health clubs & beaches. Seeks friends for socialising.

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GOOD FOOD, GOOD FUN! Male, 31, blue eyes, 5'10", into pubs, clubs, naturism, photos & videos. Seeks Female, or couple 25+. Shropshire. ML 18361

BLUE EYED GUY! Slim 41 year-old, n/s Male, seeks Female, 32-41, for holidays, country walks & naturist activities. Yorkshire. ML 19451

HEDONISTIC HAVEN! Young-at-heart, fit, hairy, 57 year-old, who 'loves' the naturist scene, massages, erotic art & music, WLTM a couple, or Female. ML 12959

AMERICAN GIGOLO Open-minded American guy, based in London. Seeks similar Female of any age, for fun times, on the phone or in person! ML 16204

BLUE-EYED MALE Attractive, 21, 5'10, short dark hair, fun, fit, into pubs, clubs, cinema & sports, seeks Females aged 18-28 for fun & friendship. All replies answered. Southampton. ML 17163

FIT FOR THE SUMMER! Male, 6', fit, mid-40's, muscular, seeks Female friends, 21-55, for naturist beaches and clubs. Kent/South Coast. ML 17802

HOMELY FUN Naturist Male, seeks lady/couples for naturist fun in his back garden & naturist centres. London/Wiltshire. ML 18144

FOR BEACHES & CLUBS Single guy, 27, seeks plump, attractive Female, 24-30, to accompany him to beaches & naturist clubs & activities. Maybe 1-2-1. Leeds. ML 19180

SMILE PLEASE! Good-looking 35 year-old Male. Enjoys beach trips. Willing to be painted & photographed by Female(s). Dorset. ML 19256

SUNNY SIDE UP Outgoing Male, 33. Into clubs, beaches & sunny holidays. WLTM Female, 30-40, into naturism & with no inhibitions! Milton Keynes. ML 17183

LIKES A LAUGH. Male, 33,

separated, into pubs, clubs & disco's, seeks a woman 30-40, naturist, who does not mind taking her clothes off. Milton Keynes. ML 17724

ROMANTIC MAN Blue-eyed 29 year-old Male. Into cinema, beaches & the countryside. Seeks Female, 19-35, for friendship & romance. Lancashire. ML 16989

WE ARE THE WORLD Shy but adventurous Male artist, 31 with GSOH. Into good food & wine. Seeks intelligent, open-minded & passionate Female with style, & who cares about the world. ML 17129

BRUSH STROKES Well-built, witty & adventurous 27 year-old. Into body painting, travel, beaches & driving. Seeks Female, for friendship & more. Leeds. ML 17136

NATURE LOVER Open-minded, 35 year-old. Into country life, nature & naturism. Seeks black/Asian/mixed-race, Female, 18-25, with similar interests. Norfolk. ML 17520

SUMMER FUN Happily married bi couple, 40s. WLTM similar couples, single Male/Females, for opulent pleasure this summertime. Cornwall. ML 16796

HOLIDAY FUN Easy-going 23 year-old Male. Into travel & naturism. Seeks female travel companion, age/looks unimportant. Huddersfield. ML 16441

TAKE A BREAK Outgoing Male, 30. Likes cinema & weekend breaks in UK/abroad. Seeks experienced & voluptuous Female travel partner, for friendship & naturism. Merseyside. ML 16570



NEW NATURIST New Male naturist 30. Into pubs, clubs, cinema, keeping fit & beaches. Seeks blonde Female, 18-35, as travel companion. Must be 5'5"+. Merseyside. ML 16572

GREEN & KEEN! Avid naturist, 42, into saunas and photography. WLTM Females or couples for massage & videos. Can accommodate/travel. Leicestershire. ML 12526

DEVILISH IN DEVON! This caring, friendly and attractive 32 year-old extrovert, who, being new to naturism, WLTM an experienced couple for Devon holidays (July). Oldham. ML 14406

NATURALLY NUDE M, 35, seeks slim, naturist F, 22-35, to go to clubs, beaches and parties. Couples welcome also. London. ML 15858

SPRITELY SIX-TIES! This attractive, happy and friendly 63 year-old, who is solvent and n/s, WLTM an honest, friendly, open-minded & attractive Female (age/race unimportant). West Yorkshire. ML 16099

HAPPY HIKER Irish guy, into hill walking, camping, computers & music. WLTM Female, with similar interests. Northern Ireland. ML 16844

HAPPY SNAPPER Genuine, friendly, mixed-race, M photographer, 30's. WLTM singles/couples, for private photo/video modelling sessions. Oxon. ML 15198

NEW NUDE Uninhibited Male, 38, new to nudism, with a massive sex drive. WLTM Males & Females, 18+ for fun

& friendship. North East. ML 17385

ACCOMPANY ME Fun-loving naturist male 26 seeks plump, pretty naturist female, 24-30, for clubs and beaches. Leeds. ML 14828

UNIVERSITY OF LIFE This succinct, sexy & open-minded chap, who is new to naturism, WLTM an amorous, vivacious and attractive Female to further his naturist education. Northumberland. ML 17426

BIG GUY Muscular lad 24, into fringe cinema/theatre, scuba diving and skiing.



Seeks sporty lady, 20-35, with similar interests. Brighton. ML 13538

SHOW HIM THE SIGHTS! Genuine, shy, 28 year-old, tall, attractive Male, into folk/rock music, travelling & sight-seeing, WLTM an attractive, slim Female, under 35, for fun & friendship. ML 14822

GO GREEN This 29 year-old M, into naturism, WLTM an attractive F, 20-30, to share his interests. Eastbourne. ML 14969

MATURE SPECIMEN Well-preserved 68 year-old M, seeks photographers/artists desiring a model. No fees involved. Bournemouth ML 15719

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Well endowed naturist Male WLTm the 'larger'-type Female, under 56, for days/nights on beaches. Plymouth. ML 15818

TWO GOOD TWO BE

TRUE Mature, professional couple, friendly & open-minded, WLTm other similarly attractive couples for fun & friendship. London. ML 12683

NOVICE NATURIST Professional guy, 45, 5'8", seeks younger female, to ease him into naturism. Surrey. ML 11655

THE SAUNA THE BETTER

Good-looking, tanned, genuine, pleasant, 32 year-old, with a GSOH & lots of interests, WLTm a similarly-minded Female for fun & friendship. Brighton. ML 13376

3'S COMPANY Bi Male 25 years old, 5'11", with athletic body, WLTm attractive couple, can travel but not accommodate. ML 13455

TAKE THE PLUNGE! Outgoing, slim, attractive, easy-going, 22 year-old, into nights out (& in!), swimming & having a laugh, WLTm similar for possible relationship. East Sussex. ML 13481

LIKE TO LAUGH? Tall, professional, witty Male, 29, into badminton, scuba-diving, cinema, restaurants & beaches, WLTm an attractive, fun-loving Female, 25+, for naturist/non-naturist fun. Kent. ML 12906

SENSUALITY Tall, smooth, tanned Male. Likes adventure sports and wine/food. Seeks sensual lady for relationship. Lancashire/anywhere. ML 15400

A LOT TO OFFER... Tall, attractive, open, considerate & romantic 29 year-old, into cinema, restaurants, country pubs & travel, WLTm a similar Female, 18-35, to share those special moments. West Lancashire. ML 12408

A NATURAL... Mature (29! year-old!) student, open-minded & adventurous, WLTm similarly-minded Female for friendship & romance. West Lancashire. ML 11736

SONGS OF LOVE Athletic, 29 year-old black singer, new to the naturist scene, WLTm a similarly intelligent, attractive & fun-loving girl to explore the scene & each other! London/anywhere. ML 12448

'HANDY' MAN! Tall, good-looking, 29 year-old professional masseur, WLTm ladies, or couples, who are open-minded & in need of his services. Call - you'll be in safe hands! London. ML 13919

HAPPY BIRTHDAY SUIT Outgoing London Male, 34, spends the majority of his time in the nude! Seeks gay/bi

guys, 20-45, for friendship. ML 21028

MATURE GENT SOUGHT Outgoing gay guy, 29, loves naturism, seeks caring Male, 40s-50s, for friendship, possibly more. London. ML 18553

GUY TO GUY Male 38, into

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& nudism, seeks Male, 38-50, for fun & friendship. London. ML 21075

WATER BABY Bisexual Male, 22, into swimming, travel, photography & football. Seeks guys of the same age, for fun & friendship. London. ML 16374

BE MY MASTER Gay guy, 25, seeks older, hairy, well-built guy, who'd like to dominate him. Scotland. ML 17790

CLOSE SHAVE Gay Male 45, 5'8", slim and clean-shaven! Seeks older Male 55+, for naturism in your own home. London. ML 16542

LIFE'S A BEACH Gay Male, 55. Likes pubs, cinema, eating out & walking on the beach. Seeks naturist friends, 50-60. Can accommodate. Devon. ML 16291

NEW HORIZONS This sexy, hairy, lively and friendly chap, 60, who is extroverted, open-minded and adventurous, WLTm similarly warm, fun-loving and attractive 18-25 year-old guy. London/anywhere. ML 15629

ALL AROUND THE WORLD Attractive gay guy, 54, with brown-eyes and a warm, winning personality, WLTm that someone special, preferably for long-term relationship. Will travel the world for Mr. Right! Donegal. ML 15605

SHOW ME THE WAY Shy 28 year-old Male. Into squash, swimming, travel, photography & pubs. WLTm Males, Females & couples, 18+, to introduce him to naturism. Nottingham. ML 15974

PERFECT PLAYMATE Stocky, hairy, tanned, 48 year-old, former H&E 'Man of the Month', WLTm an honest, open, attractive guy, 18+, for possible 1-2-1. Will travel. Wakefield/West Yorkshire. ML 15479

FUN AND FRIENDSHIP Bi-sexual, tall, attractive, 33 year-old professional guy, quiet & friendly, WLTm similar guy or couple, for fun & friendship. Cambridgeshire. ML 12862

FULL EXPOSURE! Tall, athletic, 35 year-old professional, WLTm 'regular-looking', mature guys, 50-60+, for photographic sessions & keep-fit work-outs. ML 13634

FUN-LOVING BLONDE

Outgoing & intelligent Female, 29. Into music, cinema & nights in/out. Seeks gay Female with similar interests, for fun times. South Wales. ML 17240

HOT 'N SPICEY Attractive & sexy 24 year-old Asian Female, into pubs/clubs & long walks along a beach. WLTm an attractive Female for fun & friendship. West Midlands. ML 15695

LET'S MEET! Happy couple, 30's, new to naturism, enjoy cinema & eating out, seek similar couples for friendship/holidays. London. ML 20396

THREE'S COMPANY Attractive, broad-minded duo, 40s, seek another guy, for bedroom fun. Essex. ML 22635

MASTER MASSEUR Sensual, fit, blue-eyed professional Male, 45. Extremely bi-curious, experienced masseur. Seeks couple for fun & enlightenment. London. ML 18062

ATTRACTIVE MOROCCAN Slim & attractive Moroccan Male, 23, into naturism. Seeks English naturist couple, any age, for good times. London. ML 18665

OPTIONS OPEN Horny, adonis, bisexual male, 32, open to all suggestions, seeks relaxed bi couple/females. South Yorkshire. ML 18712

WILLING TO LEARN Handsome, sociable Male, 45, new naturism, seeks friendly, outgoing single/couples to show him the scene. Essex. ML 19446

ARE YOU A COUPLE? Male, 41, 5'6", bi-curious, blue eyes, slim, enjoys photography, videos &

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nights out. Seeks couple, similar age, for naturist fun. Yorkshire. ML 19448

SHOW ME THE WAY! Male, 23, new to naturism, likes cooking & walking. Seeks Female, 20+, looks not important, for friendship. Gloucester. ML 21165

COSY COUPLES Down-to-earth couple, Male 30 & Female 26. Into TV & shopping. Seek couple for good times & massages! West Midlands. ML 16228

DRESS SENSE Couple, Male 38 & Female 30. Into naturism, massage & dressing up. Seek couple 30-40s, for fun & friendship. Milton

Keynes. ML 16494

SEXY SPARKLE Handsome & athletic bisexual Male. Into socialising & sunny days. Seeks an attractive couple to add sparkle to their lives! Lancashire. ML 17722

MINE'S A COUPLE! Male 32, new to naturism, broad-minded, seeks a couple for introduction & good, clean, adult fun. Buckinghamshire. ML 18603

GOOD-LOOKING GUY Muscular & good-looking Male, with GSOH. Into most things. WLTm adventurous couples, or singles, for fun times. Nottingham. ML 19239

BACK TO BASICS! Attractive, outgoing, sexy & vivacious nudists seek similarly minded people for days/nights/weekends naked together. Age irrelevant. Can travel. Cornwall/Plymouth area. ML 13299

NATURIST PLEASURES Open-minded 33 year-old Male, 5'10". Seeks couples/single Females for adult fun & naturist pleasures. South West. ML 16484

FUN FOR ALL Well-endowed professional Male, 48. Genuine naturist. Seeks couples/single Females, of any age, for mutual fun. Surrey. ML 19055

FUN & FROLICS Professional Male 35. Seeks bisexual couple of any age, for fun & friendship. Wales. ML 19092

CHARMING CHAP Charming, attractive & pierced 39 year-old Male. WLTm single Female's or couples, for photography, massage & indoor naturism. Coventry. ML 15651

ATTRACTIVE COUPLE This friendly couple, who have their own club, WLTm similarly extroverted and outgoing couples for purely naturistic pursuits. ML 16879

BUCKINGHAM'S PRINCE! An adventurous, fun-loving and open-minded 32 year-old, new to the naturist scene, WLTm an older, experienced couple. Oxford/Buckinghamshire. ML 15936

ON THE PILLION... Relaxed, easy-going and friendly bike-riding couple, who are both avid naturists, frequently going to beaches, parks, etc., WLTm similar couple for fun and friendship. South Wales. ML 16001

FRANTIC FOUR-PLAY!

This friendly, outgoing and open-minded 40-something couple, new to naturism, WLTm similarly fun-loving exhibitionists for fun and friendship. Can travel. Middlesex. ML 16424

GET 'EM OFF... Do you enjoy the freedom of spirit that can only be achieved by shredding one's clothes and inhibitions? This attractive and ambidextrous masseur WLTm an open-minded couple...East Anglia. ML 17270

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FOR YOUR EYES ONLY!

This open-minded and voyeuristic 40-something couple, who are sensual, sexy and into massage and photography, WLTm similar for possible relationship. Cambridge. ML 17379

FOUR-PLAY! John, Sue & Ron WLTm an adventurous, bi-sexual Female to join their 'pierced posse' for fun, adult games. Essex. ML 14373

CANDID CAMERA This sexy, attractive & married 33 year-old F, WLTm mature gents for indoor/outdoor fun. Very photogenic, open-minded & vivacious, she's up for celluloid coupling, are you? Lincolnshire. ML 14964

FRIENDLY COUPLE This

"What an easy way to find someone to visit beaches with!"

open-minded couple, 25 & 30, WLTm other couples into naturism for beach visits, hill-walks & climbing. Lincolnshire. ML 15123

BACK TO BASICS! Horny, n/s couple, attractive & tall, WLTm single Females/couples, for adult fun & naturism. Suffolk. ML 13071

CAUGHT IN RYE! Attractive couple, bi-curious & young-minded 40s, WLTm warm, open, friendly couple, older/younger, for fun times exploring naturism & each other! Kent/Sussex border. ML 11089

ANY WHICH WAY... Open, honest, tall, W/E, 38 year-old bi-sexual guy, WLTm an exhibitionist couple for fun & friendship. Can travel/accommodate. Surrey. ML 12533

LET'S PLAY Fit, healthy couple, 40s, seek other couples to enjoy log fires, massage, good food/wine & games. Bedford. ML 11243

SEXY SOIREEs! Attractive, party-throwing couple, based near Gatwick, WLTm similarly open-minded adults for fun & frolics. ML 11683

ATTRACTIVE couple, imaginative, attractive, athletic couple, both 35, WLTm similar couples, or horny Female, for hot, safe, uninhibited sessions. Brighton. ML 12548

OUTDOOR BEAUTY Looking for caring Irishman for romantic walks on the beach. 25 years old, into cinema, theatre, vegetarian food & loads of walking!!!! Hull. ML 11362

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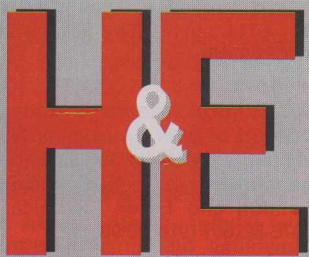
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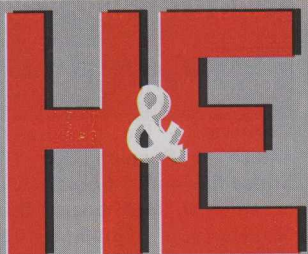
Prices for accommodation are from £25.00 per room per night. Day visitors are welcome throughout the year and camping is permitted during the summer.

For brochure send 3 first class stamps to: Llwylteng Naturist Centre, Rhydlewish, Llandysul, Dyfed SA44 5PP Telephone: 01239 851637 (910041/2 9812)

HERE IS THE B.B.C. NEWS

B.B.C. stands for 'Bare Bottom Club'. It is an entirely new naturist organisation aimed at 25 to 55 year olds. Based at Llwylteng Naturist Centre it believes the C.C.B.N. is for old fogeys. The B.B.C. is different. It is humorous, liberal-minded and adult. Most of all it is fun. If you want to tune into the B.B.C., write to:

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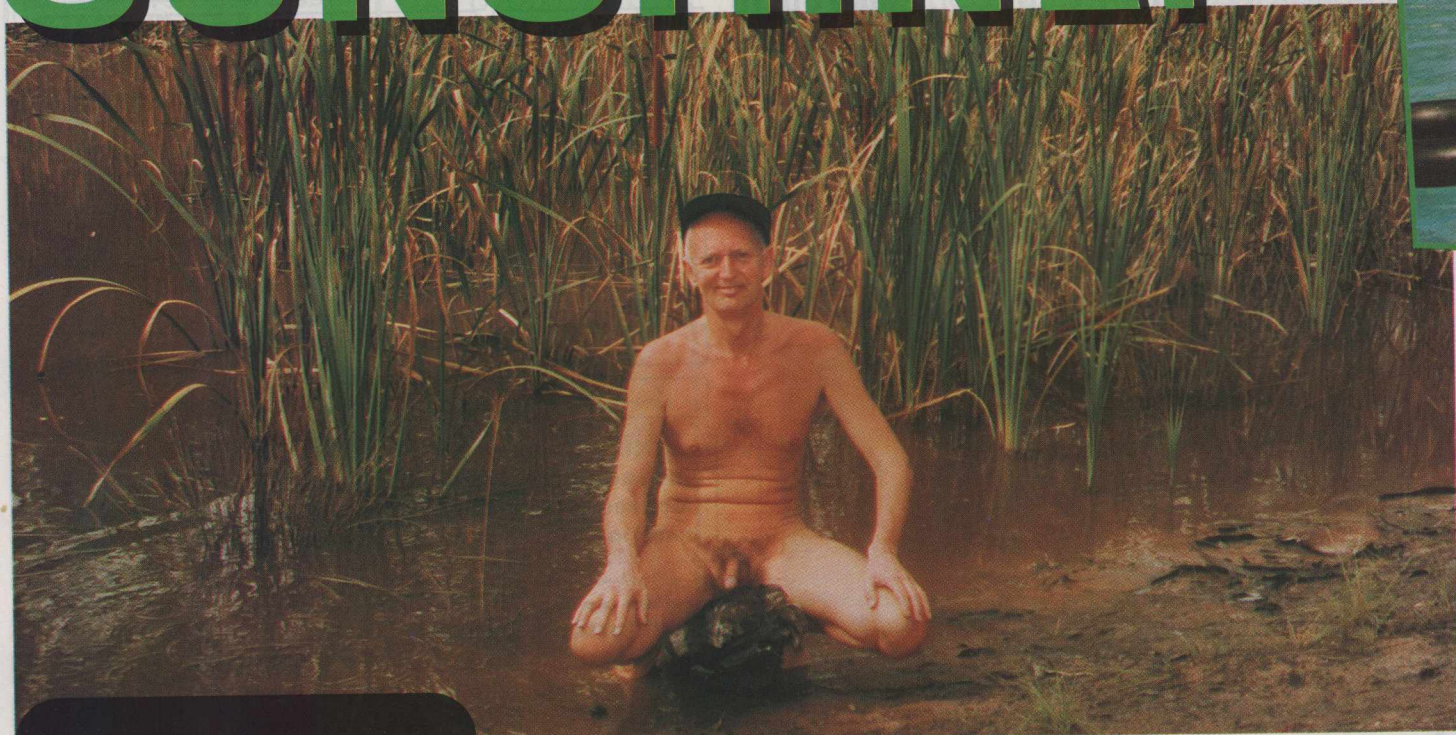
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HELLO SUNSHINE!



**Robbert visits
the Australian
club that
attracts all the
birds - no, the
feathered
variety!**

The Sunshine Nudist Club Resort dates back to 1975 and has 70 members. It's set in 89 acres of pristine bushland, situated between Brisbane and Toowoomba just off the Warrego Highway.

Gwen and Archie have been the owners since 1994. When I arrived it was very quiet as they were just cleaning up after their annual convention. It was a busy day for Gwen and Archie but they still had time for me.

The facilities at the camp include a large clubhouse with two dart boards, table tennis and snooker. Outside there's a trampoline, climbing bars and a covered picnic area. Of course, you can park your caravan or put up your tent, and there's indoor accommodation as well.

If you're feeling energetic, take a walk in the bush. Gwen belongs to the Australian Bird Watching Association and told me you can find 28 different types of species in their area. On the trail walks you'll find the sound of the crickets and birds almost deafening in its intensity.

After five days of rain at my previous location, I was very happy to see the sun again with temperatures shooting up to about

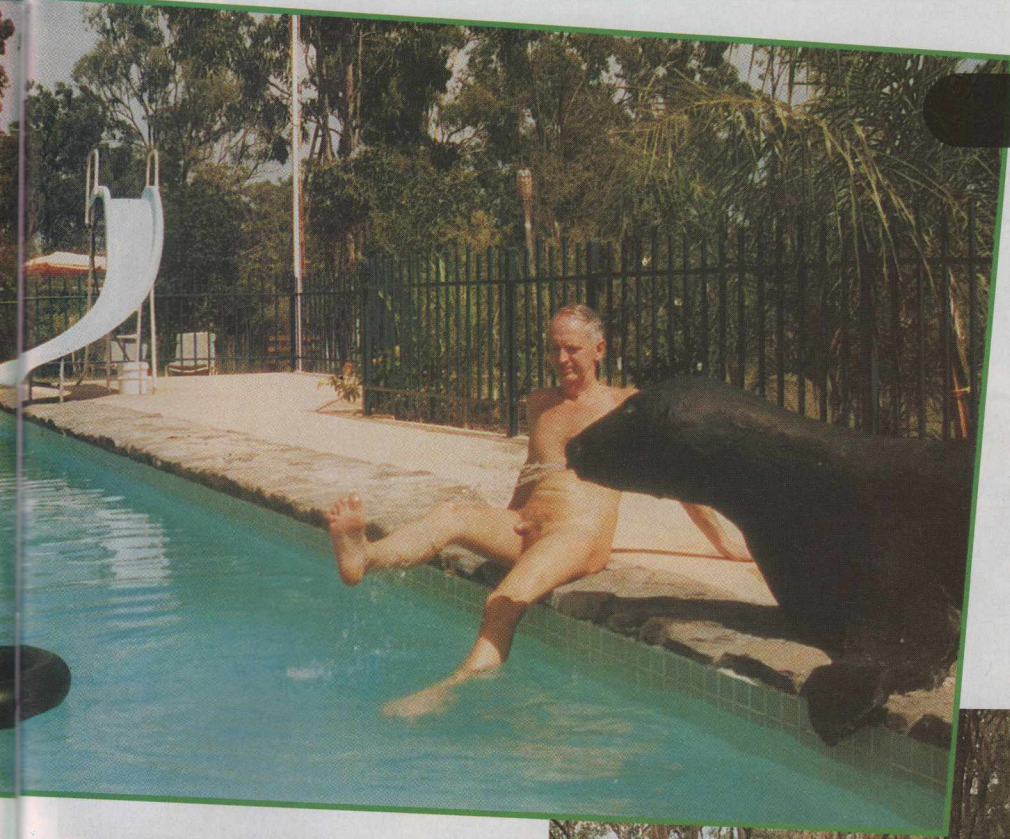
30 degrees. On Sunday afternoon there was a barbecue which was a great way to get to know everyone. We met some lovely people, most of whom were willing to pose for photos.

A day visit to the club costs 12 Australian dollars per family unit, the camp site 17 dollars and the motel 40 dollars per night per couple. **1111**

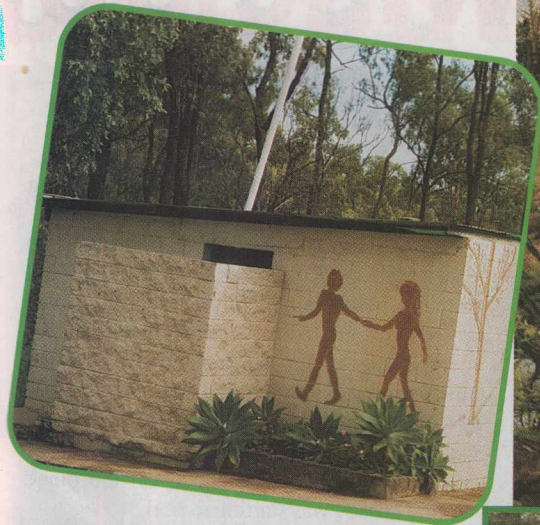


Getting there

Take the Warrego Highway travelling south of Brisbane to Toowoomba until you see a sign saying Laidley. Look out on your left for a service station and immediately next to the station turn left. Follow the road past a church until you reach the end. Turn left and continue until the paved road becomes dirt track and turn down the first road on your right called Nature Road. After about 1/2km turn right and you'll find yourself at the gate.



*What a great place for a
naked convention*





South Africa - wise up,

Cape Town's naked secret

With Beau Valley's future in jeopardy, Robert Nurden uncovers the opportunities that exist for South African naturist

South Africa has always had a funny attitude towards naturism. This is a shame considering it has a climate very similar to the Mediterranean - at least the Cape does. Hot, dry summers and warmish wet winters and some of the most fabulous beaches in the world. You'd think it was tailor made for the naturist lifestyle.

Yet that old puritanical Dutch Reform streak (sic), which is more repressive than any English reserve, has frowned on stripping off in public. Flying over the continent of Africa on my way to spending three weeks in the Cape, I wondered whether anything had changed post-apartheid. Were blacks and whites cavorting together on wide open beaches, their prejudices and inhibitions finally thrown off in the euphoria of the new non-racist regime? But I wasn't to find out the truth until my last day - and it wasn't what I expected at all.

I touched down in Cape Town and found it

was raining, not hot tropical rain lashing down in torrents to be followed by a blazing hot sun. No, it was dismal Welsh drizzle seeping from the clouds in despondent fashion. My friends told me they'd had a very wet summer and the whole weather pattern had been playing up. The only good thing about it, from the English point of view, was the fact that a number of cricket matches that England were about to lose were washed out, thus saving further embarrassment on the nation's sporting front.

But for me on holiday the rain was a disappointment. Despite my misery, I headed off in my hire car for Sandy Bay, South Africa's only official naturist beach. It nestles under the cliffs on the Atlantic side of the peninsula. It's a bit remote and you need a car to get there.

It's south of Llandudno beach, a hang-out for hippy surfing types, very relaxed, where the girls go topless but bottoms stay on. To find it, ignore the signs to Llandudno, go straight on, following the signs to Sandy Bay and park the car as near as you can to the path that takes you to the beach. It's a 10 minute walk to the rocks and another five to the long, sweeping stretch of sand.

The naturists have been given the coastline which is least accessible, but because of that it's the most wild and woolly bit. There was only a handful of people around on weekdays but this swelled to several hundred at the weekend. There were hardly any black people on the beach - was that because they weren't after a tan

or did poverty prevent them from travelling there?

There were as many Europeans and Americans on the beach as South Africans and the atmosphere was friendly and relaxed. Every day the sun blazed down, the turn in the weather seemed thankfully permanent. Be warned however; the South African sunshine is more severe than the Mediterranean's and I got burnt which is unusual for me. I turned brown, of course, but by the time I was on the plane coming home I was starting to peel.

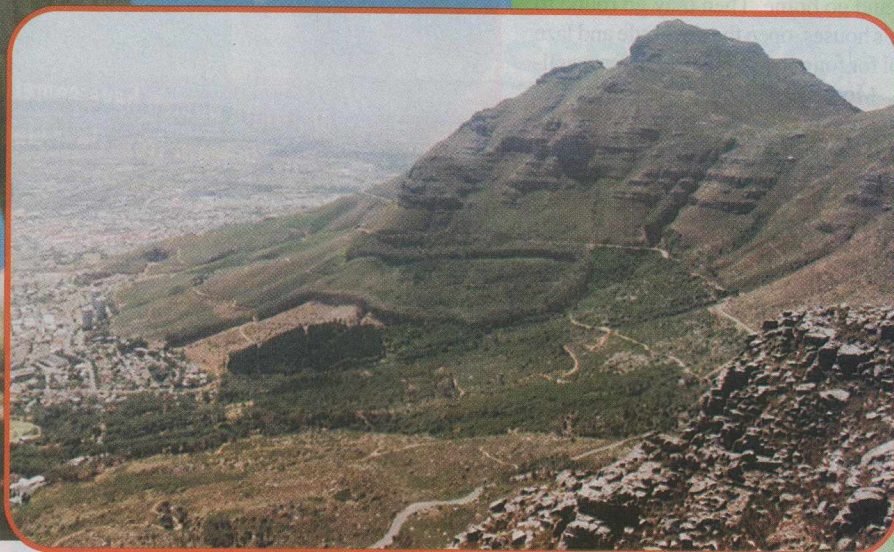
It was so hot on some afternoons that people were braving the bitterly cold water just to cool off. One came out of the sea shivering and stepped into 35 degrees of heat.

The first section of the beach where the rocks are seemed to be occupied by a large number of the gay population. Further along there were men and women in groups and at weekends, children. Sandy Bay was a success, but as I toured around the Cape, north and south of the city, I discovered quiet bays and sand dunes where stripping off was easy. Beyond Bloubergstrand the soft white beach spreads for miles. You can enjoy the classic postcard view of Cape Town nestling beneath Table Mountain with windsurfers in the foreground while you stretch out in the sand dunes getting an all-over tan.

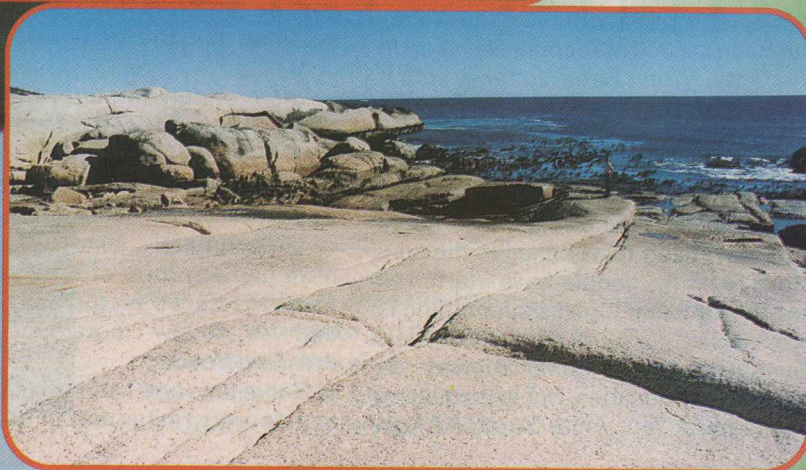
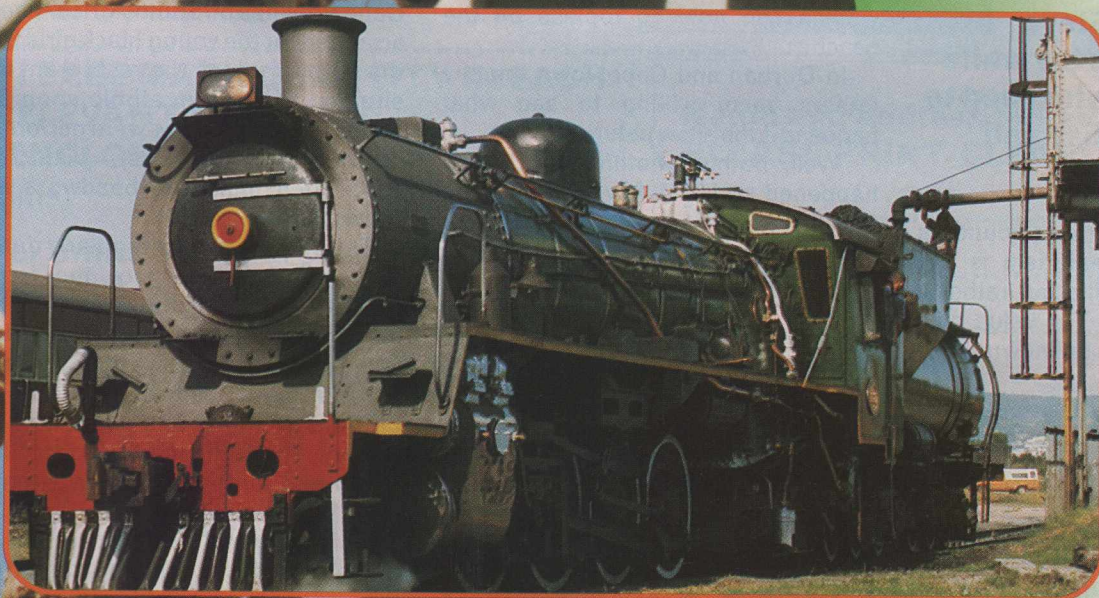
So was there any naturism apart from Sandy Bay to speak of in this strange country? There's a final amusing twist to this little saga. On my

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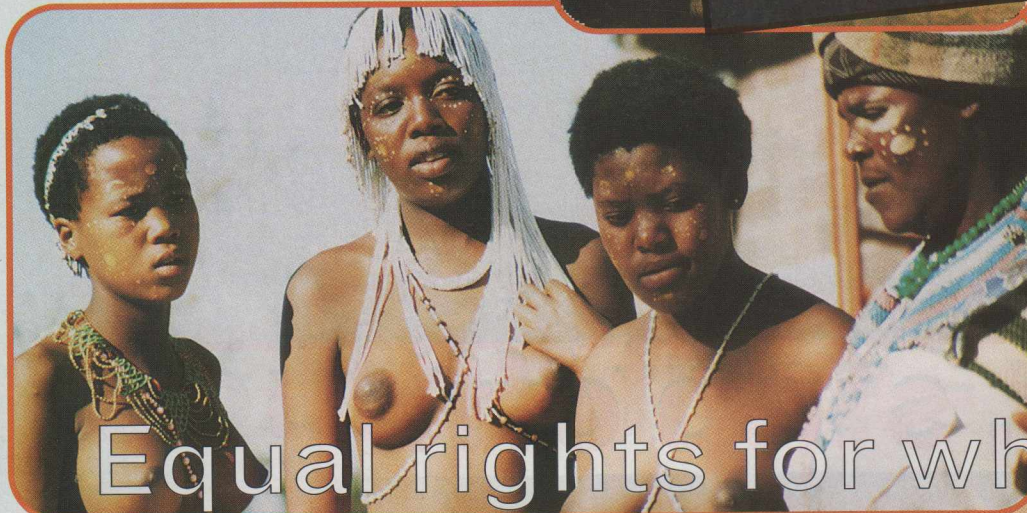
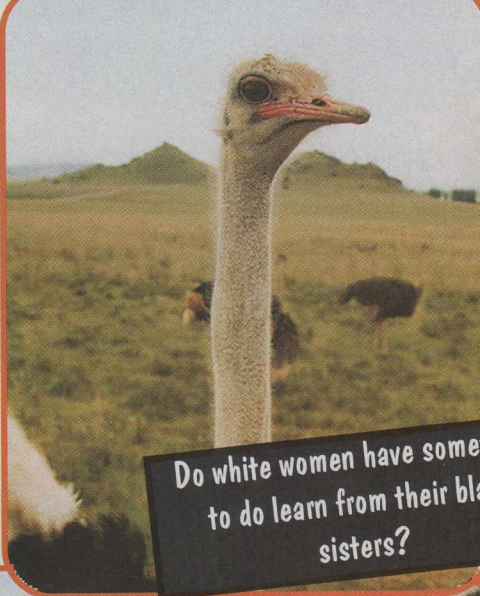


chill out, strip off!



last day, I put the question to Francesca who'd been living in Cape Town for a year. As she lay stretched out at perfect ease on the rocks, her slim body a deep dark brown she smiled.

"Oh there is" she said. "You just don't see it, that's all. Behind those brick walls and locked gates in the rich suburbs, bored house wives walk and lie around in the nude. They wait for their black servants to finish their work in the mornings and go home. Then they go round to each other's houses, open the gin bottle and laze by the pool for four or five hours comparing all-over tans. More people in South Africa are naturists than virtually anywhere else in the world but it's kept quiet. It's just another form of repression they've invented." ■■■



Equal rights for whites

After apartheid Steve McVeigh says it's the white South Africans who need to liberate their bodies and minds

South Africa is one of those countries in the world where naturism is not considered a way of life but rather a lunatic fringe activity. The value of a naked lifestyle is unknown and unappreciated.

There are relatively few practising naturists. Most, if not almost all, are closet naturists keeping to themselves or a small group of close friends. Only a brave few make use of the two available resorts and South Africa's only recognised nude beach, Sandy Bay.

Everyone knows about Beau Valley but Beau is good at keeping his resort in the news. When Beau Valley is sold it will be a tremendous loss if it's not kept as a nudist venue.

But rest assured in the great, vast wild and now "new" South Africa, lots of people find their own quiet corner to strip down and relax naked in the sun. More recently, people have started to see the light and topless sunbathing is now allowed on South African beaches. Guys have been going topless on beaches for decades, but we're talking babes here! Yep, white South African

women can now go topless on the beach.

In Durban and Cape Town the city fathers seem willing to see what happens if they allow naturism.

Well, nothing much has happened so far. A few brave women have made use of the topless opportunity but the vast majority of South African women have yet to shake off their Calvinist upbringing and get wise to the value of exposing their breasts and nipples to the healing rays of the South African sun.

So, because the topless tanners have been few and far between, and because they have been discreet and not conspicuous with their tanning, there has been no hullabaloo. The press made a few mentions of the matter, and do so from time to time each summer, but the general attitude is cool.

Interestingly enough, the right of black South African women to bare their breasts remains uncontested. The reason? It's part of their traditional ethnic culture.

Unfortunately, black women who have had any form of education have come to reject their topless traditions and so follow more conservative dressing trends.

Some time ago I attended a function at a country restaurant in the Eastern

Cape Province of South Africa. They'd arranged for the young black girls from the farm on which the restaurant was situated to perform ethnic song and dance routines. These were performed in traditional dress, with the associated make-up, beadwork and topless attire.

The show is staged regularly during the summer as part of the farm's tourist attractions and is done purely for entertainment. I was informed by a local farmer at the event that the words of the song centred around the offering of the young women to the men of the audience based on their wifely and mothering ability - that is the size of their breasts!

This song and dance is carried out in the local dialect and the majority of the people watching wouldn't understand. I can assure you it was for entertainment only, in the same way belly dancing is in other cultures.

Whatever the reasons that black women can go topless it's really unfair that their white sisters can't do the same. People of European descent also have a topless and even totally naked tradition. Naturism has been a part of various ethnic European cultures for a very long time. It may not be as old a tradition as that of the Africans but it is well established and practiced nevertheless!

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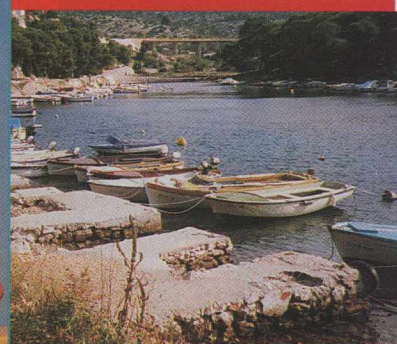
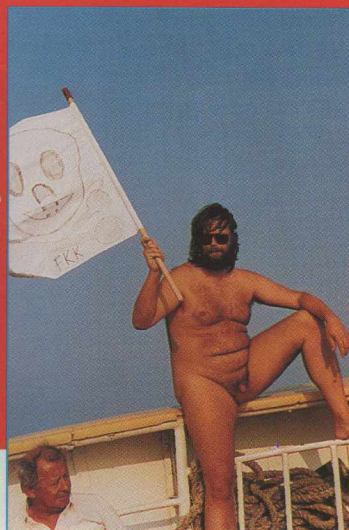
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BAB'S DIARY

Second-home coming

The earth moves at Nureka



Winter in London, summer in France - a typical year for Babs and Mike. Now it's time to return to the Continent, is it all plain sailing for Babs?

Just before we left for France we made a quick visit to Nureka in Kent, where Andy and his volunteers were working hard to get their new naturist club up and running. It was quite overwhelming to see a small band of people working with such dedication to establish a place where naturists can go to relax and socialise in acres of natural virgin woodland.

It was a gloomy, rainy day as Mike and I drove to Dover to catch the ferry. Although the crossing was quite smooth I much prefer Le Shuttle. It's only a little quicker but I find it much less stressful.

It's a long drive across France to our house, so we sometimes stop off about half way for an overnight break. This time we stopped at Macon and booked into one of the older hotels which overlooks the river Soane. Over dinner I discovered that Queen Victoria

had stayed here in 1856.

After we had eaten we went for a walk around the old town. It was just like going back in time. There was a maze of narrow streets with historic buildings and ancient churches. There was even a house made completely of wood.

The most interesting building for me was called "Residence Soufflet" and is now used as an old people's home. It was a prison during the French Revolution and in 1804 became a hostel run by the church for unwanted infants and the elderly. During the Second World War it was used as a shelter for refugees.

The first thing I did on arriving at our house was to fling open all the windows to let some fresh air in and get rid of the damp musty smell. Our neighbours had told us there had been a tremendous amount of rain. The calm warm waters of the river where we swim in summer had turned into a raging torrent, uprooting huge mature trees and sending them right out to sea. The flood gates had been put up across the road four times to prevent the waters pouring through.

As soon as we had sorted the place out we were off to Cap d'Agde for the day - our first time this year - and sunbathed in the dunes as it was a bit windy. The beach was quiet, but would soon be throbbing with naturists from all of the world. At the start of the season there's a real buzz in the air among all the restaurateurs and shopkeepers, who welcomed us





back like old friends. We had a drink in the art deco bar Brasilia, who were thrilled to see the article Mike had written about them in a recent H&E.

It was gloriously hot the following day so we decided to go up into our new roof terrace. I just lazed on my sun lounger while Mike pruned and potted up the plants. We should see the benefit of them this year, especially our lemon tree which already had lots of blossom on it. It's very stimulating to be able to walk about naked on our terrace, which is completely private and can't be overlooked. I can hear people walking past in the street below oblivious to what is going on up above them.

Now is the time for my summer ritual - to shave off my pubic hair - leaving only a little tuft at the top. I see it as my welcome to the summer, as I now look forward to those long hot sunny days and warm sultry nights!!

The house is a haven for wildlife at the moment. As well as huge spiders and strange looking black beetles, some feathered friends have decided to make their home with us. Goodness knows how many noisy swifts are under the eaves, while in a tiny hole in the wall of the terrace, a colourful redstart, a bird similar to an English robin, has built her nest.

Towards the middle of the month the weather became a bit unsettled and we had a few rainy days. This is usually followed by a bout of very strong winds called the Tramontagne coming from the mountains for another few days, so we decided to pop over to Spain in search of sun.

The border is only about 50 miles away and when we arrived the sun was shining brightly in a wispy, blue sky. We soon found the naturist beach we were looking for and quickly stripped off and flaked out on the soft sand, devouring the warmth of the Spanish sun. After a lazy hour or so I managed to sit up and take in the lovely surroundings; the rugged and weather-beaten rocks with small tufts of wild foliage protruding from the crevices above my head. After a picnic lunch we strolled along the shoreline. I had a little paddle in the sea, but it was still just a bit

too chilly to swim in.

On the return journey we stopped at La Jonquera to stock up with cheap wines and spirits. For this small Spanish border town time has stood still. With its dusty streets, shabby houses and the lone dog that barked at everything that moved, I half expected to see Clint Eastwood come riding out of the shadows.

All we did see were truckers, their huge monstrous lorries kicking up great choking clouds of dust. La Jonquera is a popular resting place for these weary drivers and there is a huge parking space where they can kip for the night.

We loaded up the car with our booty and then disaster struck - the car wouldn't start. Mark tried and tried and then poked about under the bonnet for a while. We called a mechanic and had to wait for three hours before we could drive into the sunset and back into civilisation.

At the end of the month the temperature soared into the 80s, but very reluctantly we had to leave for England. We took a very different route home through Bordeaux country to have an overnight stay at Carrouze with Brian and Trish who cater for naturist holidays.

The last time I saw them was about six years ago at their home in Torquay. That was a memorable time for me as it had been my first experience of naturism. They now have a really lovely house in France overlooking a pleasant rural valley. We ate our supper outside on their terrace, chatting away swapping info on the naturist scene until past midnight.

Trish is not only a wonderful hostess but she is also a fully qualified masseuse, aromatherapist and tarot card reader. After spending a weekend with this delightful couple you come away feeling like a new person. I enjoyed my brief visit and only wished we could have stayed longer.

On our way to join the autoroute we passed through the town of Marmande, a pretty place with amazingly colourful public gardens. Admiring the floral displays, I noticed a most beautiful white marble statue of a loving couple locked in a warm embrace. Mike stopped the car while I took a photo. The statue was called "The Spring of Life" and seemed a most appropriate ending to an enchanting day. ■■■

H&E first time confessions

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Relaxing at Carrouze



Devouring the Spanish sun

DIANA AND GEORGE



It seems we have the silly season this month. Has someone set a competition to see how much they can wind us up?

What, for instance, are we to make of this poor man:

I'm starting out in naturism for the first time this summer. I don't have any worries about it, but I'm afraid people will stare at me. You see, I have a penis that hangs down at least half way down to my knees, and I don't want to frighten anyone.

D I suggest if it's that long he ties it round his neck and puts a (tight) knot in it. . .

G No doubt he signed the letter Mr Stallion? And I bet he didn't put an address on it. It's obvious that's a daft letter - but what do you make of this one:

I'm a man of 36. A month ago I separated from my wife and came to live in my home with my widowed aunt. Before I came to live with my aunt, she lived as a naturist and I've now adapted to the same lifestyle. We're compatible and happy with the arrangement and don't cause anyone any harm. Is it wrong to enjoy being naturist together? I've begun to feel guilty about it despite reassurances from my aunt. I think we should begin to take naturism seriously from now on. My aunt's a young 60 and extrovert and reckons naturism is about losing your inhibitions, but I'm not sure whether it's right for us as relatives.

D I can think of absolutely no reason why you shouldn't enjoy naturism as relatives! After all - it's primarily a family pastime. Are you covering up some other worry with your question? Could it be that you worry people will see you as a "couple"? If so, that's soon sorted when you introduce yourselves. . . "Hello, I'm Nigel - this is my aunt Doris," for example.

G I think it goes deeper than that. I bet he has an underlying anxiety about his interest in naturism anyway. It's not necessarily connected to the aunt at all, except that she seems to have talked him into it - perhaps before he was really ready in his own mind to try it. If that's the case, I have little doubt the anxiety will go away once he and his aunt start being "public" naturists. It doesn't sound as if they've ventured out much yet.

D Why does he comment that they "ought to take naturism seriously from now on?" I'm not entirely sure what that means. I thought naturism was fun! By the way, I've been digging around in my memory banks, and I'm sure this chap has written to me some time ago. The odd thing is - I'm confident the letter was from the same address. Putting my detective hat on, that means it's all a wind-up, since he says he's only just moved in with his aunt.

G Good grief, have we got any serious letters this month?

I'm a bit short of money at the moment, so I can't afford to travel far. Where can I go to meet new naturist friends without spending a fortune? I've gone nude around my flat for some time now, and I really like the sensation, but I want to meet like-minded people and start living my life as a true naturist.

G What constitutes a true naturist? If you only visit beaches are you a true naturist? Or do you have to have paid some money to a club to become a true naturist. If you only strip off when it's boiling hot in the back garden are you living a lie?

G Don't be pedantic. You know what he means; he wants to get out and socialise with some others. Does it matter what he calls it?

D No, it shouldn't, but people do like to put tags on things. I'm a real naturist because I visit my sun club 50 times a year. You're not really a naturist because you've got a tattoo. You know the kind of thing you hear. I just mention it so we are all aware of our own little prejudices when they creep in. . .

G Diana - can we just help the man!? It doesn't have to cost a lot of money to become a naturist. I

Where can I

meet naturist friends?



think, though, it would be well worth investing in a guide book or two, which would only cost around £10 - £15. That way you can find out a lot about local activities - swims, landed and unlanded clubs, singles groups and so forth.

The best bet is the "Naturist Guide Book to Britain from Coast and Country", You can get it from us at H&E. The only snag is that we're awaiting a new edition in, so can't tell you quite how much it will be or when. However, by the time this copy of H&E reaches your hands, you will be able to ring up and find out.

You may also like to consider joining the national organisation - The CCBN (Assurance House, 30-32 Wycliffe Road, Northampton NN1 5JF). That would enable you to visit some of the events that are for members only.

For your first summer just go to a few beaches so you can begin to live the life! Organise yourself and save up to go to one a month. Make a day (or more) of it, so that you enjoy the travel as well as the arrival, and it will be money well spent.

H&E publishes beach lists in most monthly issues in various locations - but do get that guide book!

It seems you may not be entirely lucky finding others to meet up with:

I know from experience that the more you look, the less successful you are when looking for that ideal partner of the opposite sex. I know that the best way of going about it is to go out and have a good time and that I'll be more likely to find someone because I'm happy and at one with myself and having fun. You see, I've been down the road of placing ads in "Meeting Place" and the CCBN contact section. Also I'm a member of the Dutch Smoothie club and I belong to another club through a piercing magazine. But I always get the same outcome: not one single reply to any of my ads.

I've been a naturist since I was 17 years old and I know I can go with no problems to naturist beaches such as

the one down the road from me, but I'd like to find a landed club near me to go to. That's where I hit the problem. I'm a divorced male of 40 who's a smoothie and is pierced as well. Are there any clubs who would accept me as a member?

D Well, 10/10 for trying all the options! How irritating that nothing has come from any of them.

We are trying to compile some info on which clubs accept various "off-shoots" of naturists. I think we might send out a questionnaire (though we may get about as many replies as you have had. . .)

Only a few years ago, it was considered a bit dodgy to be a smooth naturist, whereas it seems perfectly acceptable in most clubs now. Piercing may take the same route eventually.

If you have a problem you'd like to ask George and Diana about, write in to: George and Diana, New Freedom Publications Ltd., Bow House Business Centre, London, E3 2SE. If you'd like a personal reply, please send a stamped addressed envelope.

If you run a naturist B&B of a naturist special interest group of some sort, please do write in and tell us.

Again - looking back to early naturist days it was considered terrible for a while not to be smooth!

I'm sorry we can't give a direct answer on a suitable place near you at the moment, but we will keep naturists up to date through H&E. I do know that Silverleigh in Kent would welcome you, Eureka/Neureka would too, as you say. The Garden of Eden in Wales, and a couple of other liberated clubs would be worth approaching - see the ads in back of H&E.)

Also, events run by Coast and Country would welcome you as far as I'm aware (Doncaster Dome and many others - a lot of them northern-based)

Like many other fringes, you need to look out for those clubs who appear to be generally more on the edge. So - those advertising themselves as "liberated", "for adults", "anything goes" etc tend to be ones you know you can visit, even if they may not be the type of club you eventually want to belong to...

Hey - new opportunity this month. We've got a teenage son called Stuart. He's offered to give us a word or two on all those mega-teenage problems for anyone out there in need of a sympathetic ear. Of course, he's a million miles away from a parent-type person with their particular views on life. He has long

stretches of time being the epitome of the Harry Enfield teenager randomly interspersed with moments of extreme politeness, cleanliness and general good manners. I can't guarantee which mode he'll be in when he reads your letters, but I can guarantee he'll have something to say on any subject under the naturist sun!

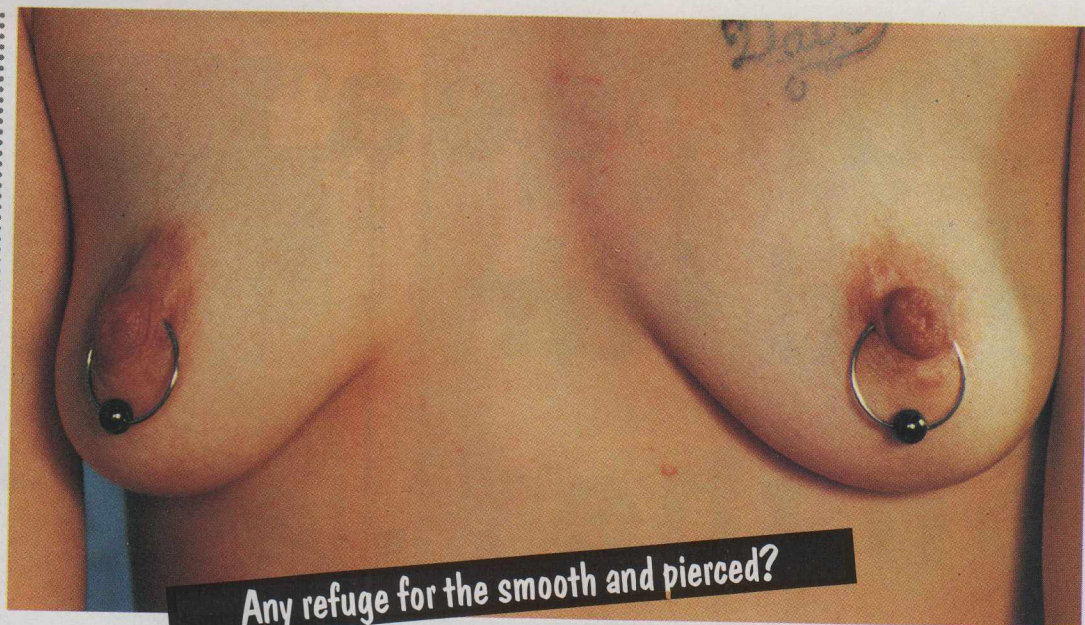
P.S. We'll just leave you with a problem sent in this month that we really can't solve:

My problem is that I have no body to go to the Sun Club with. . . **HE**

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Any refuge for the smooth and pierced?

Sun, sea and fun on the . . .

south coast of England



You are spoilt for your naked choice in this area

Eastney Beach at Portsmouth is a super, clean and popular naturist beach - though it is pebbly. Take the A2030 towards Southsea and turn left at Fratton Park roundabout. Go straight on at the first traffic lights and left at the next set of lights. Turn left just before Eastney swimming pool. A free car park is available at the Y junction next to the caravan and camping site. Walk towards the MOD site and take a path to the right of the entrance which leads to the beach. Turn left when you hit the

shingle and walk one hundred yards until you reach the unofficial naturist section just in front of the sea wall.

To reach **Meon Shore park at Hill Head** near Lee on Solent, walk west along the beach for just under a mile. The shingle beach is backed by cliffs and becomes very narrow at high tide. This can make things tricky with other beach users.

On the Isle of Wight, **Blackgang Beach** is used by many naturists. The beach lies between Blackgang Chine and Rocken End and is made up of coarse dark sand. Naturists tend to use the west end of the beach.

To reach **Browdown Beach**, park at Gosport Council's pay car park at Number Two Battery near the disused Browdown Army Camp. Walk north-westwards until you reach the tower, then continue for another 200 yards. The shingle beach is large enough to offer nearly everyone


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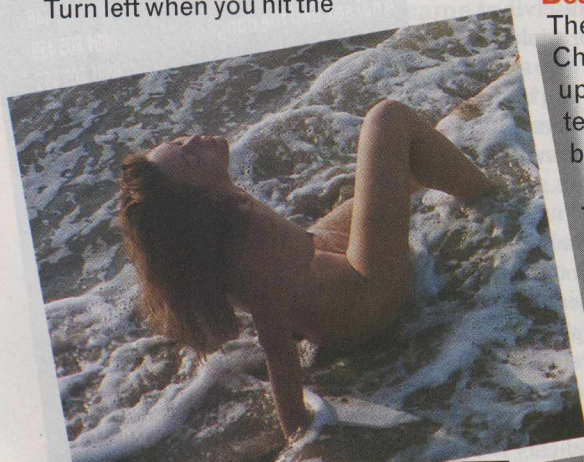
Studland Bay is arguably one of Britain's best naturist beaches. It can

be approached from several different directions. If approaching via the Poole ferry, it might be better to leave your car at Poole - either way it's a bit of a walk. If you do take your car be prepared to queue for the ferry.

The alternative approach is from the Swanage side, avoiding the ferry. Drive northwards out of Studland village towards the ferry. Pass the Knoll Private Hotel and half way down the hill turn right into the Knoll National Trust car park. If you don't want to pay to park here, continue up towards the ferry. You may have to pay a small toll but if you park about a mile up this road you can cut straight across to the naturist beach.

The geological phenomenon of **Durdle Door** attracts tourists with or without their clothes. If you're one of the latter, stick to the western end of the beach. To reach the beach from West Lulworth take the C road north westwards which cuts across the A352 at Winfrith Newburgh. At the sharp bend called Daggers Gate, turn left down a private road past Newlands Farm and into the Durdle Door Caravan Park. Follow the crowds down the cliff paths to the beach.

Much of this information was taken from David Martin's *Naturist Guide to Britain* available from H&E Marketing 0181 983 9969 



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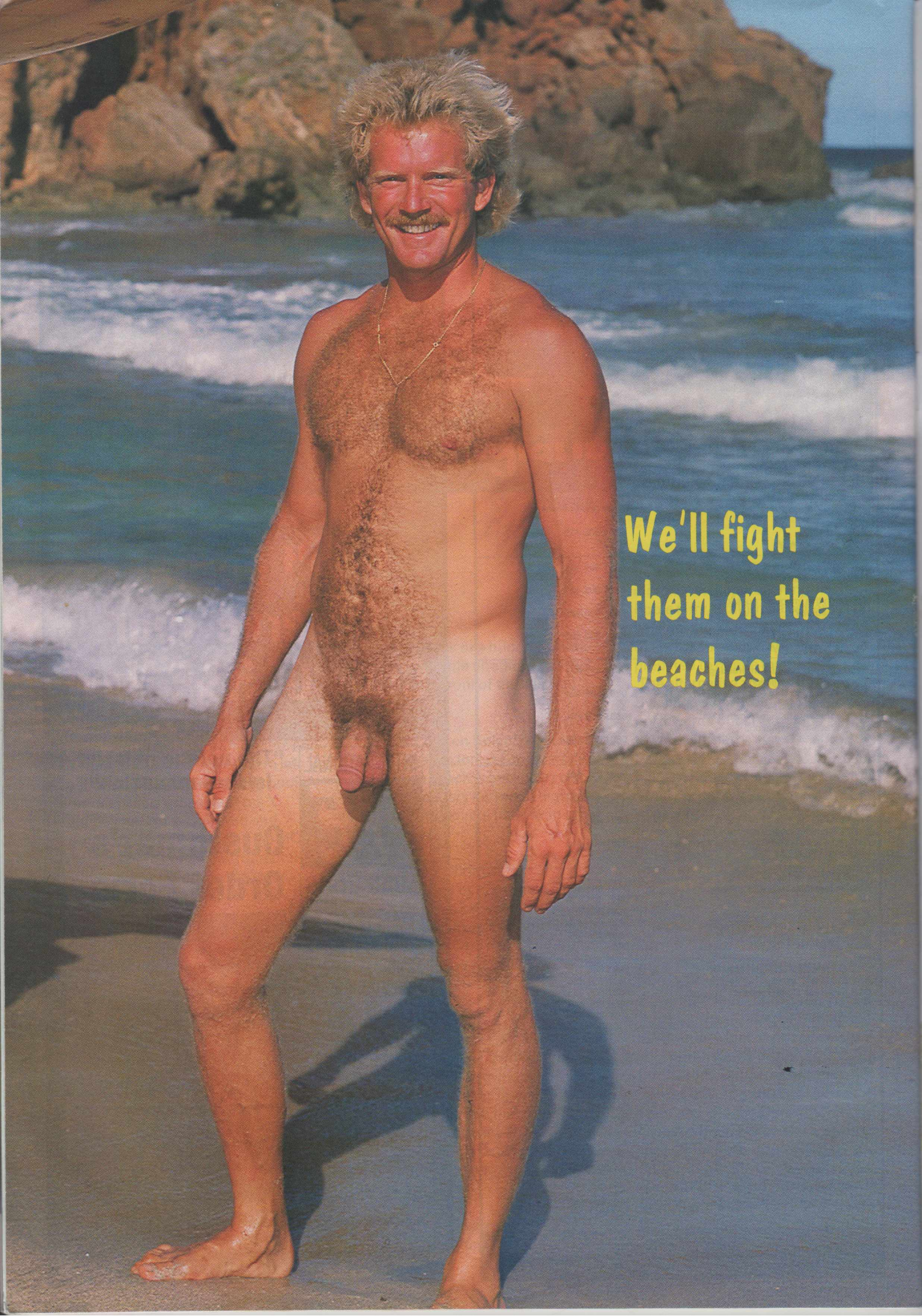
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